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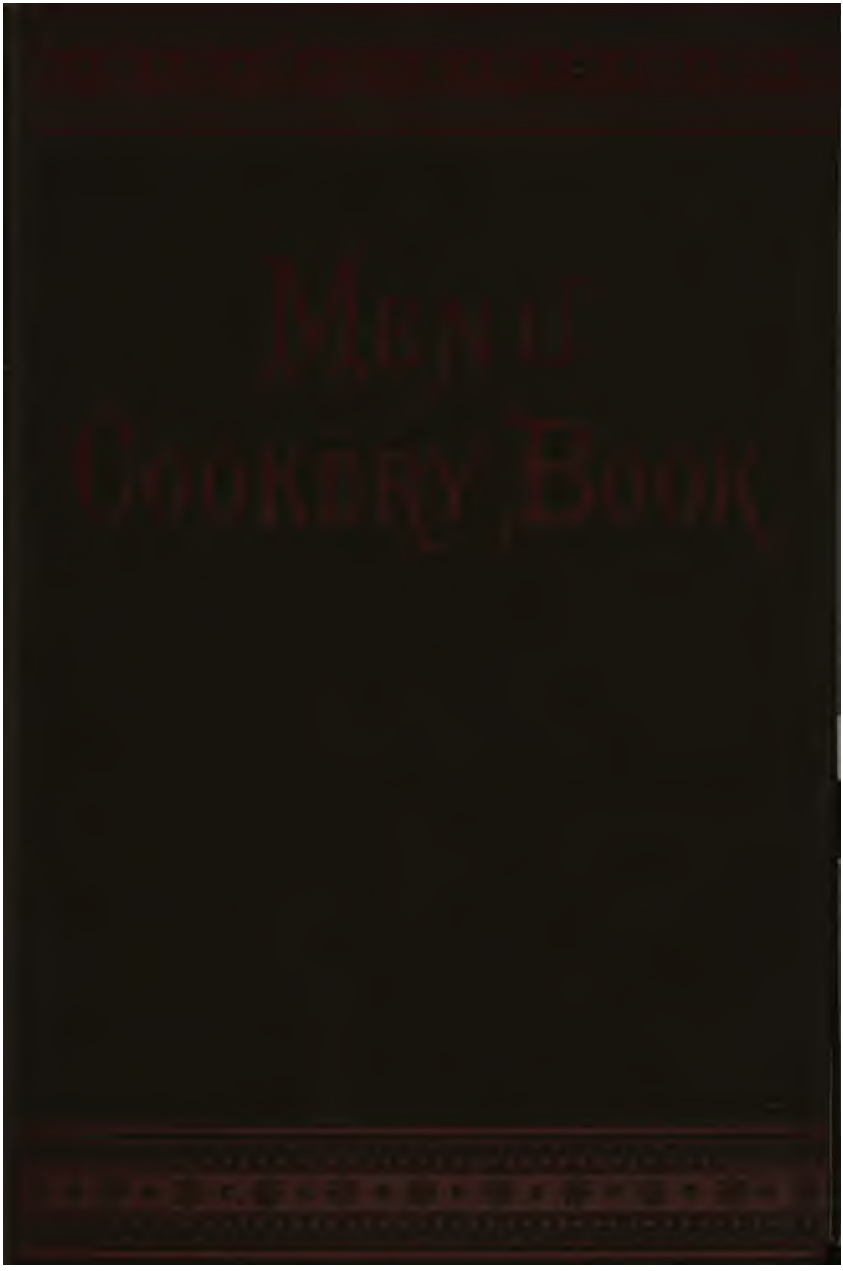
Menu
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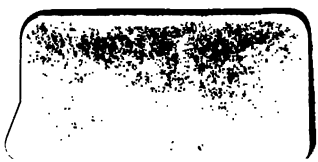

THE

# MENU COOKERY BOOK,

FOR

*"MODERATE PEOPLE*

WITH

*MODERATE INCOMES."*

BY

MARY DAVIES.

London:
RICHARD BENTLEY & SON,
*Publishers in ordinary to Her Majesty the Queen,*
8, NEW BURLINGTON STREET, W.

1885.

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# PREFACE.

"WHAT shall we have for dinner?" is frequently the question put to herself by each young housekeeper, before giving her orders for the evening meal. I have collected the recipes given in this book with the sincere hope that they may in some way help my young friends; many of them have been tried at my own table. I have endeavoured as far as possible to make the recipes economical, although good and tasty, and to bring them within the means of smaller as well as larger incomes. There is, of course, a great deal in the cooking of food. Recipes may be good, but if a cook is careless and dirty, and boils her meat when it ought only to be simmered, thus rendering it hard and tasteless, the best things will be spoilt. Also, in my opinion, there is a great deal in the serving of dishes. Food is far more tempting to eat if neatly and prettily served. A large number of cutlets thrown all over a big dish, cut all sizes, are not elegant to look at; whereas, if you have them neatly shaped, well fried,

browned, and then formed into a crown on the dish, with gravy round, and any small vegetable in the centre, they will certainly be more pleasing to the eye; so with all dishes. All superfluous fat, too, is best removed from such joints as loins or necks of mutton and lamb, before roasting or boiling. It is less wasteful than leaving it on, for it can be carefully rendered down and used for common pastry, frying, and many other purposes. The embossed papers are very cheap at all the stores, and are most useful in serving up many dishes. Cooks must be taught to keep all bones for the stock-pot. Any small bits of skin cut from cutlets or chops, all game and meat bones, should also be used in this way. If simmered gently with vegetables and water for some hours, they will in all households be found most useful as a foundation for soups and sauces; with the addition of a 4*d*. packet of Nelson's extract of meat, a quart of soup may be made at a very small expense. Cooking is much taught now, and most useful it must often prove, for we should certainly know how to do a thing before attempting to teach or even tell others about it. My book is supplied with a hundred menus, comprising dinners for parties of 2 to 16 people. Of course some of the dishes repeat themselves; it would be impossible to prevent that, but no two menus are alike. Each dish, in every menu, is numbered; it is therefore only necessary to turn to the number in the book,

where the recipe how to cook or make it will be found.

I can strongly recommend to all my friends, or any one who buys my book, the use of Nelson's gelatine before any other; indeed all his things are very good. Also Borwick's baking powder—few cakes or puddings should be made without a little of it; Yeatman's yeast powder for bread; also Fry's cocoa and chocolates for making sweets or cocoa to drink.

# ONE HUNDRED MENUS.

ARRANGED FROM THE RECIPES IN THE BOOK FOR DINNERS OF VARIOUS SIZES, SUITABLE FOR EVERY HOUSEHOLD.

## MENUS FOR FROM 10 TO 16 PEOPLE.

### 1.

490A. Devilled Sardines.

25. Hare Soup. 24. Oyster Soup.

33. Salmon. 38. Soles.

165. Bacon Kromeskys. 174. Petits Pâtés.
52. Lobster Cream. 107. Lamb Cutlets.

66. Scalloped Oysters.

105. Boiled Leg of Lamb. 67. Stewed Beef.

132A. Larks. 132. Wild Duck.

447. Tipsy Cake. 445. Sponge Pastry au Chocolat.
441. Apricot Sponge. 425. Meringues.

454. Sandwich. 461. Ramakins.

653. Ices.

## 2.

Oysters.

3. Gravy Soup. 18. Green Pea Soup.

45. Whitebait. 31. Turbot.

73. Beef Olives. 132B. Pigeons and Mushrooms.
151. Chicken Soufflé. 146. Sweetbread.

531B. Pâté de Foie Gras Sandwich.

106. Fore Quarter of Lamb. 118. Boiled Chickens.

212. Asparagus.

120. Ducks.

408. Pineapple Cream. 315. Charlotte Russe.
435. Sponge Nests. 422. Jelly.

696. Tomato Savoury. 459. Savoury Omelette.

652. Ice Pudding.

## 3.

523. Prawns in Aspic.

2. Mock Turtle Soup. 12. White Soup.

31. Turbot. 40. Whiting.

172. Chicken Rissoles. 137. Stewed Kidneys.
162. Duck, Green Pea Sauce. 164. Veal Olives.

Roast Beef. 114. Boiled Turkey.

124. Venison. 130. Snipe.

403. Prince Eugène Gâteau. 400. Apples in Cream.
404. Chocolate Cream. 443. Chestnut Cream.

480. Swiss Eggs. 466. Macaroni Balls.

653. Ices.

## 4.

531A. Oyster and Caviare Sandwich.

5. Ox Tail Soup. 27. Tomato Soup.

34. Cod Fish. 46. Red Mullet.

173. Chicken à la Crême. 182. Oysters in Batter.
84. Mutton Cutlets. 196. Curried Sweetbread.

170. Shrimp Puffs.

79. Saddle of Mutton.

130. Woodcock. 129. Partridges.

295. Plum Pudding. 415. Gâteau de Curaçoa.
420. Trifle. 421. Orange Jelly.

489. Anchovy Eggs. 457. Normandy Shrimps.

652. Ice Pudding.

## 5.

1. Julienne Soup. 17. Artichoke Soup.

33. Salmon. 38. Filleted Soles.

83. Mutton Cutlets. 141. Sweetbread.
187. Curried Chicken. 451. Kidney Sippets.

Sirloin of Beef. 118. Boiled Fowls.

129. Pheasants.

314. Castle Puddings. 347. Marmalade Compôte.
402. Queen Mab Cream. 425. Meringues.

455. Sardines Piquantes. 468. Cheese Pudding.

## 6.

5. Ox Tail Soup. 18. Green Pea Soup.

45. Whitebait. 31. Turbot.

151. Chicken Soufflé. 165. Kromeskys.
73. Beef Olives. 158. Oyster Cutlets.

79. Saddle of Mutton. 94. Rolled Loin of Veal.

132A. Larks.

301. Honiton Sponge Pudding.
316. Meringue de Riz. 441. Apricot Sponge.
392. Genoa Pastry.

458. Omelette. 453. Savoury Sandwich.

## 7.

3. Gravy Soup. 12. White Soup.

34. Cod Fish. 39. Stewed Fillets of Fish.

147. Sweetbread à la Crême. 137. Stewed Kidneys.
134. Bendines. 176. Lobster Cutlets.

114. Boiled Turkey. 80. Rolled Loin of Mutton.

129. Partridges.

343. Almond Puddings. 358. Sweet Omelette.
445. Sponge Pastry au Chocolat.
407. Velvet Cream.

483. Curried Eggs. 478. Cheese Biscuits.

## 8.

24. Oyster Soup. 6. Hare Soup.

37. Fried Soles. 32. Turbot à la Crême.

132B. Pigeons and Mushrooms. 189. Curry.
142. Crême de Veau. 171. Rissoles.

79. Leg of Mutton. 118. Boiled Fowls.

130. Woodcock.

403. Prince Eugène Gâteau. 438. Macaroon Cream.
239. Plum Pudding. 398. Apple Snow.

480. Swiss Eggs. 463. Macaroni Cheese.

## 9.

4. Giblet Soup. 22. Tapioca Soup.

33. Salmon. 47. Smelts.

36. Fowl and Peas. 164. Veal Olives.
159. Boulettes. 149. Croquettes.

Leg of Lamb. 95. Fricandeau of Veal.

220. Artichokes.

408. Pineapple Cream. 365. Chocolate Soufflé.
325. Regent Pudding. 415. Gâteau de Curaçoa.

448. Ham Toast.

## 10.

2. Mock Turtle Soup. 17A. Potato Soup.

45. Whitebait. 43. Haddock.

162. Duck with Green Pea Sauce. 171. Rissoles.
103. Grendines of Veal. 142. Sweetbread.

106. Hind Quarter of Lamb.

212. Asparagus.

341. Cabinet Pudding. 428. Angels' Food.
395. Almond Pastry. 413. Lemon Sponge.

696. Tomato Savoury. 462. Macaroni Ramakin.

## 11.

25. Hare Soup. 24. Oyster Soup.

31. Turbot. 46. Red Mullet.

170. Shrimp Puffs. 101. Veal Cutlets.

67. Stewed Beef.

130. Snipe.

408. Pineapple Cream. 391. Italian Pastry.
312. Lemon Cup Puddings. 359. Apple Fritters.

459. Omelette.

## 12.

9. Game Soup.

35. Fried Salmon. 43. Haddock.

176. Lobster Cutlets. 173. Chicken à la Crême.

Ribs of Beef.

126. Roast Hare.

328. Brandy Balls. 444. Raspberry Cream.
409. Italian Custard. 389. Cocoanut Cheesecakes.

474. Fondus.

## 13.

18. Green Pea Soup.

66A. Trout. 31. Turbot.

184. Oyster Patties. 85. Côtelettes in Forcemeat.

Leg of Lamb.

120. Roast Ducks.

435. Sponge Nests. 443. Chestnut Cream.
423. Jelly. 391. Italian Pastry.

460. Omelette au Fromage.

## 14.

1. Julienne Soup.

33. Salmon. 41. Baked Whiting.

73. Beef Olives. 148. Sweetbread Piquante.

106. Fore Quarter of Lamb.

129. Partridges.

415. Gâteau de Curaçoa.
307. Ground Rice Pudding.
397. Apple Cheesecakes. 421. Orange Jelly.

454. Sandwich.

653. Ices.

## 15.

5. Ox Tail Soup.

45. Whitebait.

107. Lamb Cutlets. 150. Bashaw of Lobster.

79. Saddle of Mutton.

130. Woodcock.

354. French Pancakes. 414. Pineapple Toast.
430. Vanilla Daroles. 410. Raspberry Gâteau.

463. Macaroni Cheese.

## 16.

17. Artichoke Soup. 11. Mulligatawny Soup.

37. Fried Soles.

90. Mutton Cutlets. 172. Chicken Rissoles.

96. Fillet of Veal.

124. Venison.

402. Queen Mab Cream. 347. Marmalade Compôte.
325. Regent Pudding.

471. Cheese Toast. 459. Savoury Omelette.

652. Ice Pudding.

## MENUS FOR FROM 6 TO 10 PEOPLE.

### 1.

6. Hare Soup.

34. Cod Fish.

157. Chicken Fritters. 84. Cutlets à la Réforme.

Roast Beef.

128. Partridges.

341. Cabinet Pudding. 397. Apple Cheesecakes.
412. Almond Cream. 407. Velvet Cream.

453. Savoury Sandwich. 477. Cheese Biscuit.

### 2.

5. Ox Tail Soup.

31. Turbot.

164. Veal Olives. 182. Oysters in Batter.

116. Roast Goose.

132A. Larks.

447. Tipsy Cake.
442. Lêche Créma. 372. Pastry.

459. Omelette. 450. Anchovy Toast.

## 3.

12. White Soup.

33. Salmon.

107. Lamb Cutlets. 184. Oyster Patties.

113. Roast Chickens.

212. Asparagus.

301. Honiton Sponge Pudding.
365. Chocolate Soufflé. 425. Meringues.

455. Sardines Piquantes.

## 4.

27. Tomato Soup.

45. Whitebait.

149. Croquettes. 136. Fowl and Peas.

106. Fore Quarter of Lamb.

237. Potato Rissoles.

310. Custard Cake Pudding.
389. Cocoanut Cheesecakes. 422. Jelly.

468. Cheese Pudding.

## 5.

1. Julienne Soup.

43. Haddock.

134. Bendines. 146. Sweetbread.

79. Leg of Mutton.

130. Snipe.

314. Castle Puddings.
372. Pastry. 437. Rice Cream.

478. Cheese Biscuits.

## 6.

3. Gravy Soup.

47. Smelts.

151. Chicken Soufflé. 137. Stewed Kidneys.

80. Loin of Mutton.

129. Pheasant.

327. College Puddings.
360. Apple Soufflé. 411. Orange Custards.

454. Sandwich.

653. Ices.

## 7.

7. Rabbit Soup.

34. Boiled Cod.

165. Kromeskys. 171. Rissoles.

79. Saddle of Lamb.

243. Potato Cheese.

296. Cambridge Pudding.
409. Italian Custard. 372. Tartlets.

457. Normandy Shrimps.

## 8.

10. De Cressy Soup.

37. Fried Soles.

142. Crême de Veau. 161. Ox Tails à la Fricassée.

67. Stewed Beef.

126. Roast Hare.

320. Apple Custard Pudding.
445. Sponge Pastry. 421. Orange Jelly.

461. Ramakins.

## 9.

13. Vegetable White Soup.

35. Salmon Slices.

85. Mutton Cutlets. 147. Sweetbread.

105. Boiled Leg of Lamb.

220. Artichokes.

441. Apricot Sponge. 432. Gooseberry Fool.

464. Macaroni à l'Italienne.

653. Ices.

## 10.

15. Sheep's Head Soup.

31. Turbot.

149. Croquettes. 158. Oyster Cutlets.

89. Mutton Cabol.

131. Grouse.

305. Bakewell Pudding.
365. Chocolate Soufflé. 422. Jelly.

470. Cheese Tartlets.

## 11.

27. Tomato Soup.

47. Smelts.

84. Cutlets à la Réforme.

Roast Beef.

129. Pheasants.

311. Brandy Pudding.
424. Rice Croquettes. 440. Orange Cream.

466. Macaroni Balls.

## 12.

24. Oyster Soup.

33. Boiled Salmon.

151. Chicken Soufflé.

79. Leg of Mutton.

297. Brown Bread Pudding.
408. Pineapple Cream.

459. Savoury Omelette.

## 13.

17. Potato Soup.

38. Filleted Soles.

144. Rice and Meat Fritters. 73. Beef Olives.

94. Loin of Veal.

120. Roast Ducks.

347. Marmalade Compôte. 411. Orange Custards.

475. Savoury Sweet.

## 14.

18. Green Pea Soup.

45. Whitebait.

187. Curried Chicken. 134. Bendines.

106. Fore Quarter of Lamb.

213. Asparagus.

403. Prince Eugène Gâteau. 441. Apricot Sponge.

455. Sardines Piquantes.

652. Ice Pudding.

## 15.

22. Tapioca Soup.

34. Cod Fish.

174. Petits Pâtés.

Roast Beef.

131. Grouse.

404. Chocolate Cream. 372. Pastry.

474. Fondus in Cases.

## 16.

29. Purée of Peas.

66A. Trout.

101. Veal Cutlets.

80. Rolled Mutton.

243. Potato Cheese.

410. Raspberry Gâteau.
417. Solid Custard in Cups.

476. Fromage Cuit.

## 17.

8. Fowl Soup.

40. Fried Whiting.

165. Bacon Kromeskys. 184. Oyster Patties.

113. Roast Chickens.

129. Partridges.

327. College Puddings. 438. Macaroon Cream.

484. Savoury Eggs.

## 18.

3. Gravy Soup.

38. Filleted Soles.

158. Oyster Cutlets. 239. Stuffed Tomatoes.

79. Roast Mutton.

130. Snipe.

365. Chocolate Soufflé. 359. Apple Fritters.

468. Cheese Pudding.

## 19.

17A. Potato Soup.

33. Salmon.

107. Lamb Cutlets.

Sirloin of Beef.

220. Artichokes.

366. Rhubarb Mould. 435. Sponge Nests.

480. Swiss Eggs.

## 20.

1. Julienne Soup.

31. Turbot.

83. Mutton Cutlets. 146. Sweetbread.

118. Boiled Fowls.

212. Asparagus.

350. Queen Mab Pudding.
388. Lemon Cheesecakes.

460. Omelette au Fromage.

## 21.

15. Sheep's Head Soup.

43. Haddock.

172. Chicken Rissoles.

79. Leg of Mutton.

131. Grouse.

392. Genoa Pastry. 440. Orange Cream.

488. Œuf au Fromage.

653. Ices.

## 22.

2. Mock Turtle Soup.

41. Baked Whiting.

184. Oyster Patties. 244. Curried Tomatoes.

Roast Leg of Lamb.

303. Marmalade Pudding. 408. Pineapple Cream.

453. Savoury Sandwich.

## 23.

4. Giblet Soup.

35. Salmon Slices.

84. Cutlets à la Réforme.

Roast Beef.

129. Partridges.

315. Charlotte Russe. 334. Fig Pudding.

468. Cheese Pudding.

## 24.

5. Ox Tail Soup.

45. Whitebait.
149. Croquettes. 178. Rabbit à la Française.

79. Roast Loin of Mutton.

126. Hare.

341. Cabinet Pudding. 391. Italian Pastry.

490. Toasted Cheese.

## 25.

24. Oyster Soup.

38. Filleted Soles.

196. Curried Sweetbread.

124. Venison.

239. Stuffed Tomatoes.

423. Jelly. 352. Apple Charlotte.

489. Anchovy Eggs.

## 26.

18. Green Pea Soup.

59. Stewed Fillets of Fish.

106. Hind Quarter of Lamb.

220. Artichokes.

348. Paradise Pudding. 438. Macaroon Cream.

459. Savoury Omelette.

## 27.

10. De Cressy Soup.

35. Cod Slices.

179. Chicken and Mushrooms.
191. Curried Oysters.

67. Stewed Beef.

129. Pheasant.

404. Chocolate Cream. 372. Tartlets.

508. Chutney Egg Toast.

## 28.

9. Game Soup.

33. Salmon.

90. Mutton Cutlets.

113. Roast Fowls.

212. Asparagus.

340. Madeira Pound Pudding.
441. Apricot Sponge.

469. Cheese Cups.

## 29.

29. Purée of Peas.

37. Fried Soles.

148. Sweetbread. 73. Beef Olives.

113. Roast Turkey.

130. Snipe.

326. Prince Pudding. 425. Meringues.

462. Macaroni Ramakin.

652. Ice Pudding.

## 30.

2. Mock Turtle Soup.

43. Haddock.

184. Oyster Patties. 157. Chicken Fritters.

Ribs of Beef.

131. Grouse.

302. Wynn Pudding.
388. Lemon Cheesecakes. 316. Meringue de Riz

459. Savoury Omelette.

## MENUS FOR FROM 2 TO 6 PEOPLE.

### 1.

3. Gravy Soup.

34. Boiled Cod.

171. Rissoles.

79. Leg of Mutton.

296. Cambridge Pudding. 428. Angels' Food.

480. Swiss Eggs.

### 2.

12. White Soup.

35. Salmon Slices.

88. Hash Piquante. 162. Duck, Green Pea Sauce.

351. Friars' Omelette. 421. Orange Jelly.

466. Macaroni Balls.

### 3.

18. Green Pea Soup.

40. Whiting.

487. Œufs à la Viande.

Roast Beef.

339. Adelaide Pudding. 445. Sponge Pastry.

468. Cheese Pudding.

**4.**

17. Potato Soup.

47. Smelts.

116. Roast Goose.

343. Almond Puddings. 372. Pastry.

463. Macaroni Cheese.

**5.**

28. Rabbit Soup.

31. Turbot.

83. Côtelettes à la Santé.

120. Roast Ducks.

410. Raspberry Gâteau. 388. Lemon Cheesecakes.

458. Omelette.

**6.**

4. Giblet Soup.

35. Cod Slices.

79. Saddle of Mutton.

129. Partridges.

323. Swiss Pudding. 391. Italian Pastry.

456. Sardines au Fromage.

**7.**

1. Julienne Soup.

32. Turbot à la Crême.

106. Fore Quarter of Lamb.

213. Asparagus.

389. Cocoanut Cheesecakes. 407. Velvet Cream.

462. Macaroni Ramakins.

**8.**

13. Vegetable White Soup.

39. Piquante Filleted Fish.

Roast Beef.

129. Pheasants.

356. Pancakes. 412. Almond Cream.

243. Potato Cheese.

## 9.

24. Oyster Soup.

46. Red Mullet.

85. Côtelettes in Forcemeat.

81. Boned Shoulder of Mutton.

301. Honiton Sponge Pudding.
430. Vanilla Daroles.

453. Savoury Sandwich.

## 10.

17. Artichoke Soup.

87. Indian Hash.

80. Loin of Mutton.

293. Plum Pudding. 417. Solid Custard in Cups.

470. Cheese Tartlets.

## 11.

19. Pea Soup.

43. Haddock.

86. Norman Hash.

113. Roast Fowls.

147. Marmalade Compôte. 444. Raspberry Cream.

476. Fromage Cuit.

## 12.

9. Game Soup.

149. Croquettes. 73. Beef Olives.

67. Stewed Beef.

300. Lemon Pudding. 372. Tartlets.

448. Ham Toast.

## 13.

27. Tomato Soup.

52. Lobster Cream.

Roast Beef.

220. Artichokes.

307. Ground Rice Puddings. 392. Genoa Pastry.

450. Anchovy Toast.

## 14.

10. De Cressy Soup.

60. Cod Roes, Tomato Sauce.

79. Leg of Mutton.

129. Pheasant.

328. Brandy Balls. 411. Orange Custard.

485. Forced Turkey Eggs.

## 15.

23. Carrot Soup.

160. Viande à la Pomme de Terre.

80. Loin of Mutton.

129. Partridges.

403. Prince Eugène Gâteau.
389. Cocoanut Cheesecakes.

465. Macaroni Savoury.

## 16.

17. Artichoke Soup.

158. Oyster Cutlets.

659. Mutton Réchauffé.

131. Grouse.

422. Jelly. 372. Pastry.

448. Ham Toast.

## 17.

1. Julienne Soup.

66A. Trout.

91. Minced Mutton.

Ribs of Beef.

130. Snipe.

96. Cambridge Pudding. 392. Genoa Pastry.

454. Sandwich.

## 18.

4. Giblet Soup.

107. Lamb Cutlets. 187. Curried Chicke

238. Haricots Verts.

310. Custard Cake Pudding. 437. Rice Cr

490. Plain Toasted Cheese.

## 19.

17A. Potato Soup.

33. Salmon.

79. Saddle of Lamb.

220. Artichokes.

314. Castle Puddings. 410. Raspberry Gât

466. Macaroni Balls.

## 20.

18. Green Pea Soup.

84. Cutlets à la Réforme. 172. Rissoles.

94. Rolled Loin of Veal.

212. Asparagus.

330. Cup Puddings. 432. Gooseberry Fool.

468. Cheese Pudding.

## 21.

11. Mulligatawny Soup.

176. Lobster Cutlets.

81. Boned Shoulder of Mutton.

324. Swedish Pudding. 398. Apple Snow.

459. Savoury Omelette.

## 22.

14. Mutton Broth.

172. Rissoles.

96. Fillet of Veal.

297. Brown Bread Pudding. 407. Velvet Cream.

464. Macaroni à l'Italienne.

**23.**

5. Ox Tail Soup.

149. Croquettes.

113. Roast Chickens.

418. Blanc Mange. 303. Marmalade Pudding.

469. Cheese Cups.

**24.**

2. Mock Turtle Soup.

33. Salmon.

Roast Beef.

306. Riz en Gâteau. 427. Oranges in Syrup.

473. Fondu.

**25.**

27. Tomato Soup.

88. Hash Piquante. 135. Game Pudding.

132A. Larks.

445. Sponge Pastry.
332. Bread and Butter Pudding.

480. Swiss Eggs.

## 26.

4. Giblet Soup.

101. Veal Cutlets.

80. Loin of Mutton.

318. Ginger Pudding. 409. Italian Custard.

450. Anchovy Toast.

## 27.

20. Vegetable Soup.

239. Stuffed Tomatoes. 149. Croquettes.

128. Boiled Rabbits.

319. Apricot Pudding. 372. Puffs.

484. Savoury Eggs.

## 28.

23. Carrot Soup.

38. Soles.

84. Mutton Cutlets. 142. Crême de Veau.

300. Lemon Pudding. 423. Wine Jelly.

455. Sardines Piquantes.

## 29.

19. Pea Soup.

176. Lobster Cutlets.

120. Roast Duck.

325. Regent Pudding. 391. Italian Pastry.

463. Macaroni Cheese.

## 30.

10. De Cressy Soup.

35. Salmon Slices.

159. Boulettes. 140. Pigeons and Peas.

327. College Puddings. 444. Raspberry Cream.

456. Sardines au Fromage.

## 31.

34. Cod Fish.

133. Richelieu. 136. Fowl and Peas.

238. Haricots Verts.

354. French Pancakes. 402. Queen Mab Cream.

461. Ramakins.

## 32.

40. Whiting.

105. Boiled Leg of Lamb.

342. Hurry Scurry Pudding.
386. Rice Cheesecakes.

449. Kidney Toast.

## 33.

33. Salmon.

106. Fore Quarter of Lamb.

212. Asparagus.

430. Vanilla Daroles. 365. Chocolate Soufflé.

458. Omelette.

## 34.

43. Haddock.

Roast Beef.

341. Cabinet Pudding. 437. Rice Cream.

478. Plain Cheese Biscuits.

## 35.

45. Whitebait.

165. Bacon Kromeskys.

80. Loin of Mutton.

337. Custard Pudding. 404. Chocolate Cream.

453. Savoury Sandwich.

## 36.

46. Red Mullet.

90. Minced Mutton and Eggs.
103. Grendines of Veal.

359. Apple Fritters. 366. Rhubarb Mould.

243. Potato Cheese.

## 37.

66A. Trout.

113. Roast Chickens.

238. Haricots Verts.

409. Italian Custard. 347. Marmalade Compôte.

469. Cheese Cups.

## 38.

19. Pea Soup.

79. Roast Leg of Mutton.

388. Lemon Cheesecakes. 334. Fig Pudding.

471. Cheese Toast.

## 39.

1. Julienne Soup.

191. Curried Oysters.

105. Boiled Leg of Lamb.

343. Almond Puddings. 444. Raspberry Cream.

466. Macaroni Balls.

## 40.

42. Mackerel.

101. Veal Cutlets.

122. Pigeons.

353. Custard Preserve Pudding. 372. Pastry.

*463.* Macaroni Cheese.

## 41.

23. Carrot Soup.

171. Rissoles.

128. Boiled Rabbits.

330. Cup Puddings. 404. Chocolate Cream.

489. Anchovy Eggs.

## 42.

27. Tomato Soup.

Ribs of Beef.

213. Asparagus.

366. Rhubarb Mould. 322. Dandy Pudding.

458. Omelette.

## 43.

11. Mulligatawny Soup.

155. Poulets à la Tartare. 164. Veal Olives.

296. Cambridge Pudding. 431. Swiss Custard.

448. Ham Toast.

## 44.

14. Mutton Broth.

196. Curried Sweetbread.

118. Boiled Fowls.

24. Swedish Pudding. 441. Apricot Sponge.

474. Fondus in Cases.

## 45.

15. Sheep's Head Soup.

168. Rabbit with Tomato Sauce.
101. Veal Cutlets.

300. Lemon Pudding. 437. Rice Cream.

471. Cheese Toast.

## 46.

22. Tapioca Soup.

149. Croquettes.

94. Loin of Veal.

3. Wynn Pudding. 399. Gâteau de Pommes.

*486.* Œufs à l'Espagnole.

## 47.

12. White Soup.

152. Jugged Hare. 107. Lamb Cutlets.

314. Castle Puddings. 423. Wine Jelly.

473. Fondu.

## 48.

24. Oyster Soup.

157. Chicken Fritters.

108. Fillet of Mutton.

328. Brandy Balls. 412. Almond Cream.

468. Cheese Pudding.

## 49.

80. Loin of Mutton. 73. Beef Olives.

298. Light Plum Pudding. 418. Blanc Mange.

477. Cheese Biscuits.

**50.**

94. Fillet of Veal. 487. Œufs à la Viande.

385. Apple Tart. 303. Marmalade Pudding.

472. French Cheese.

**51.**

Roast Beef. 196. Curry.

410. Raspberry Gâteau. 337. Custard Pudding.

484. Savoury Eggs.

**52.**

116. Roast Goose. 86. Norman Hash.

341. Cabinet Pudding. 425. Meringues.

696. Tomato Savoury.

## CHRISTMAS DINNER.

1. Julienne Soup. 24. Oyster Soup.

34. Cod Fish. 38. Filleted Soles.

83. Mutton Cutlets. 165. Bacon Kromeskys.
239. Stuffed Tomatoes. 176. Lobster Cutlets.

114. Turkey.

Roast Beef.

132A. Larks.

295. Plum Pudding. 390. Mince Pies.
441. Apricot Sponge. 425. Meringues.

453. Savoury Sandwich. 471. Cheese Toast.

## PLAIN CHRISTMAS DINNER.

2. Mock Turtle Soup.

31. Turbot.

114. Turkey.

Roast Beef.

293. Plum Puddings. 390. Mince Pies.
438. Macaroon Cream. 422. Jelly.

459. Savoury Omelette.

## SUPPER DISHES.

520. Salmon Mayonnaise. 522. Dressed Crab.
521. Lobster Salad. 523. Prawns in Aspic.
543A. Soles in Aspic.
531A. Oyster and Caviare Sandwich.

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113. Roast Turkey. 114. Boiled Turkey.
115. Boned Turkey. 113. Roast Chickens.
118. Boiled Fowls. 128. Roast Pheasants.
128. Roast Partridges.
154. Salmi de Perdrix Froid.
514. Game Pie. 531. Grouse Salad.
519. Mayonnaise of Fowl. 512. Raised Lark Pie.
527. Egg and Salad Sandwiches.
85. Côtelettes in Forcemeat.
504. Breakfast Patty. 100. Galantine of Veal.
117. Roast Guinea Fowl. 665. Ham.

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402. Queen Mab Cream. 441. Apricot Sponge.
421. Orange Jelly. 422. Jelly.
404. Chocolate Cream. 444. Raspberry Cream.
420. Trifle. 447. Tipsy Cake.
408. Pineapple Cream. 413. Lemon Sponge.
415. Gâteau de Curaçoa. 425. Meringues.
435. Sponge Nests. 438. Macaroon Cream.
405. Apricot Cream. 443. Chestnut Cream.
445. Sponge Pastry. 315. Charlotte Russe.
403. Prince Eugène Gâteau. 430. Vanilla Daroles.
409. Italian Custard. 411. Orange Custards.
412. Almond Cream. 440. Orange Cream.
597. Filberts. 606A. Chocolate Macaroons.

# MENU COOKERY.

## REMARKS ON SOUPS.

HAVE all pans used for boiling soup perfectly clean, even to the inside of the cover and the rim. Wash the meat a little in cold water, and prepare all vegetables very carefully. Always strain off your soup when it is boiled; never leave it to stand in the same vessel it has been boiled in. The bones of fresh meat, necks of poultry, shank bones of mutton, and the liquor in which meat has been boiled, will all do to add to the stock pot, and should all be carefully kept for it. Skim well when first soup begins to boil; a little salt, or cold water, thrown in, will help to bring the scum to the top. After it has come well to the boil and been skimmed, draw the pan back and let it simmer gently, but without ceasing, until it is done. When meat or vegetables have been fried or browned first, boiling water should be put on to them; otherwise cold water is best. A small proportion of sugar, about an oz. to a gallon, will very much improve the flavour of stock for soup. The proportion of salt should be $1\frac{1}{2}$ oz. to a gallon of soup. No particle of fat should ever be seen on soup when it is sent to table, therefore make the stock the day before, and when cold take off every bit of fat. Serve soup, sauces, indeed all dishes, *as hot as possible*.

### Julienne Soup. 1.

Cut into pieces some spring carrots, turnips, green onions, celery, leeks, parsley, the tops of a bunch of sweet herbs, spinach, and lettuce, add a pint of fresh green peas, stew the whole till tender in 3 quarts of good veal stock. Then pass it through a tamis cloth. If not clear enough, beat up the white and shell of an egg, stir it in well; set it on the fire to boil for five minutes, then pass it again carefully through the tamis cloth, or a jelly bag. Put it again on the fire, and add half a pint of asparagus tops which have been scalded. Simmer till the asparagus is tender, then serve. Half a glass of sherry can be added if liked, and some colouring if required. If preferred not quite clear, the vegetables can be rubbed through a tamis cloth, and returned to the soup.

### Mock Turtle Soup. 2.

Take a cleaned calf's head, boil it till three parts done in 2 or 3 quarts of water; take it out and cut the best pieces off the bones. Strain the liquor, add to it 3 quarts of good veal broth, the bones and rough parts of the head, also 4 cloves, 2 onions, a little mace, a bunch of sweet herbs, and pepper and salt. Boil all for an hour. Strain and thicken with flour and butter, add the pieces of meat which were cut off. Put in some fried forcemeat and egg balls, simmer gently; before serving add a little lemon juice, and half a pint of boiling sherry wine.

### Good Gravy Soup. 3.

Take about 6 lbs. of shin of beef, cut the meat off the bones into small square pieces, roll them in flour. Put about 2 oz. of butter into a saucepan, let it get quite hot, add the pieces of meat by degrees, stirring it now and then, but do not set it quite over the fire; let it do gently for about half

an hour until the meat looks brown and the gravy is drawn out, then put in a bunch of sweet herbs, 2 onions, 2 large carrots, 2 turnips, a head of celery, 1½ oz. of salt, half a teaspoonful of pepper, 6 cloves, and a blade of mace; add the bones of the beef, sawn into small pieces, and pour over all a good gallon of boiling water; let it all simmer gently for 6 hours or rather more. Strain, put by to get cold. When wanted, take off every bit of fat, serve with small pieces of macaroni in it, or bits of vegetables cut neatly. If wanted to be quite clear, the beaten white of an egg and the shell can be put to it, after it has been cleared of the fat; set it on the fire, let it boil for five minutes, then strain through a flannel bag. The meat, bones, vegetables, etc., can be left in the saucepan, from 2 to 3 quarts of cold water put to them, let them boil for a little, then draw the pan back, and simmer for some time. This, when strained, will make common soup or good stock.

### Giblet Soup. 4.

Stew the giblets till tender in a pint of water, add half an onion, 2 or 3 cloves, a few black peppercorns, and a small bunch of sweet herbs. Take 3 pints of good and well seasoned stock, set it on the fire to get hot. Put 2 dessert-spoonfuls of cornflour into a basin, stir it with a little browning until it is about as thick as cream, then pour it into the soup and give it a good stir round, leaving it to thicken by the fire; add a little cayenne, a wineglass of white wine, a little Worcester sauce, and salt to taste. Let it boil, and remove any scum that may rise; then strain into it the liquor the giblets were boiled in, also put in all the best pieces of giblets. Serve hot. When cayenne is used, it is always better to rub it smooth in a little of the soup first, for if thrown in, it is apt to remain in *lumps*.

### Ox Tail Soup. 5.

Take some stock, made from beef (or bones and vegetables well boiled together and then strained); allow this to be cold and free from all fat. Take 2 ox tails, soak them in enough water to cover them, take them out and cut into joints; put them on the fire again in the same water, adding a slice or two of ham, and stew them gently till tender. Take as much of your stock as you require for soup, strain into it what the ox tails have been stewing in, add all the best pieces of the tails, a glass of port wine, pepper, salt, and a little ketchup; thicken with a little flour, or cornflour, and, before serving, add a dozen forcemeat balls which have been fried.

### Hare Soup. 6.

Take the remains of a hare which has been roasted the day before, add to it a few bits of parsley, a stick of celery, a bunch of sweet herbs, also about a quart of water or weak stock. Simmer gently until the meat is nearly off the bones, strain and thicken it with a little cornflour, or flour and butter; pick the meat off the bones, rub this well through a hair or fine wire sieve, add it to the soup with pepper, salt, and half a glass of port wine.

### Rabbit Soup. 7.

Cut two rabbits into small pieces. Put 2 oz. of butter into a saucepan; flour and season the pieces of rabbit. When the butter is hot, put in the pieces, with 2 small onions, 1 carrot, 1 turnip, a stick of celery, all cut in small pieces, a few cloves, pepper, and salt; let all brown well together, but not burn. Pour on to it some hot stock made from bones, and free from fat (about 2 quarts). Stew *gently for* an hour or more; strain the soup, taking

out some of the best pieces of the rabbit. Thicken the soup with 2 desert-spoonfuls of cornflour, mixed first into a smooth paste; add half a glass of port wine, the juice of a lemon, or a little currant jelly; put in the pieces of rabbit, warm up well and serve.

### Fowl or Chicken Soup. 8.

Have ready about 2 quarts of stock from veal bones, put to it some vegetables, carrot, onion, celery, parsley, and sweet herbs. Take a fowl, or chicken, cut it into four pieces and put it into the stock; boil, or simmer gently till tender. Strain the soup, add to it half a pint of thin cream and the beaten yolks of 2 eggs, pepper and salt to taste. Cut some of the best meat off the fowl in neat pieces, or joints, and add them also. Warm well and serve. The eggs and cream will thicken it if allowed to simmer for a little. A chicken, if young, will not require to stew so long as the vegetables.

### Game Soup. 9.

Take any game too old for roasting, a couple of partridges, or 3 moorfowl. Stew them well and slowly in about 3 pints of stock. When tender, take them out, cut off some of the best pieces, return the rest to the soup; add pepper, salt, a little ketchup, and some thickening, either flour and butter or some cornflour. Let this simmer gently while you prepare the pieces you have cut off. Take these pieces, trim them neatly, season well, wash each over with cream, shake a little flour over and fry a nice brown, but don't let them be greasy. Strain the soup through a sieve, rubbing as much of the meat through from the game as you can; return the soup to the pan, put in the fried pieces of game. Make it very *hot*, and serve.

### De Cressy Soup. 10.

Wash clean and cut small 8 carrots, 6 turnips, 3 heads of celery, and 3 onions; put them in a stewpan with 3 oz. of butter and a slice of ham. Stew gently for an hour, stirring constantly when they begin to brown. As soon as they are nicely browned, add 2 or 3 quarts of beef stock, or from bones. Let it boil till the vegetables are soft, then pulp all through a sieve; put it on the fire again, and boil for a quarter of an hour; season with pepper and salt, and serve. This soup should be as thick as melted butter. 2 lbs. of beef boiled in 4 quarts of water and reduced to 3 quarts, will answer for the stock.

### Mulligatawny Soup. 11.

Take one good rabbit, or fowl, cut up neatly, put the best pieces in a stewpan with a little butter, let them stew gently and brown until they become tender. Have some stock, about 3 pints, made from bones, but not dark in colour, mix into it three dessert-spoonfuls of curry powder, the rest of the fowl or rabbit, a large onion, celery, pepper, and salt. Simmer gently for some time, then strain; add the pieces of fried meat, and let it simmer a little longer. Put into it last thing a small cup of cream. Should the soup be liked very hot, a little more curry powder can be added with the cream. Boiled rice should be served with it.

### White Soup. 12.

Cut the meat from a knuckle of veal, break up the bones, stew with 3 quarts of cold water to 5 lbs. of meat, clear it from scum, add $1\frac{1}{2}$ oz. of salt, $2\frac{1}{2}$ oz. of onions, 20 white peppercorns, 2 blades of mace, and a little cayenne pepper; when the soup is reduced to one-third, having simmered slowly, strain it off and let it get cold, free it carefully

from fat, and put it into a clean saucepan. Take 2 table-spoonfuls of cornflour, mix it smooth with ½ a pint of cream, pour it into the soup, and let it simmer gently by the side of the fire to thicken. A little macaroni, soaked in milk and cut into neat pieces, can be added. If wanted richer, more cream and a couple of the beaten yolks of eggs may be used. Some cooks use 1 or 2 oz. of Jordan almonds, blanched and pounded, boiled in a little stock and rubbed through a sieve and added to the soup.

### Vegetable White Soup. 13.

Take any thin stock from veal bones or white meat, about 2 quarts, add to it 4 sticks of celery, 2 turnips, 1 onion, boil till the vegetables are tender, strain, keeping back a few pieces of celery. Set it over the fire again, add salt, pepper, a bit of loaf sugar, 3 dessert-spoonfuls of cornflour mixed in a little cold milk, a few small pieces of celery, and let it simmer and thicken; just before serving, put in a small cup of thin cream.

### Mutton Broth. 14.

Take a neck of mutton, about 6 or 7 lb., cut off 6 of the chops from the best end, break up the rest into small pieces, put it into a large saucepan, with 4 carrots cut, 2 turnips, 2 sticks of celery, and 2 onions, 1½ oz. of salt, ½ a teaspoonful of pepper, and rather more than 2 quarts of water; wash ½ a cup of pearl barley and add to it. Let the whole simmer well for two or three hours, then strain; let it get cold, and take off the fat; keep a few pieces of the vegetables, and some of the pearl barley, and put them back into the soup. Take the 6 chops, cut them neatly and free from fat, fry them slightly in a little butter, but not to let them be hard, put them into the soup, and simmer the whole gently together for three-quarters of an hour.

### Sheep's Head Soup. 15.

Take a sheep's head, stew it in 4 quarts of water with carrots, turnips, celery, parsley, and onions, a ¼ of a lb. of pearl barley well washed, some whole pepper, cloves, and salt. Stew well and gently till all is done, let the head be quite tender, take it out and strain everything from the broth, let it stand till cold, take off all the fat, thicken with 2 oz. of cornflour mixed with some browning. Send it to table very hot, with tongue and delicate bits of the head cut into small pieces, and egg balls or force-meat balls, fried a nice brown and served in it. It must be reduced to half in boiling.

### Hotch Potch. 16.

Take 2 lbs. of lean beef from a shin (the thick end is best), cut into small square pieces, put it into a stewpan with a little butter to draw the gravy, add 2 onions sliced, brown all together, then add 2 sticks of celery, 2 carrots, and 2 turnips; all the vegetables must be cut in small pieces. Put a cupful of pearl barley to soak in water for an hour, add it to the meat and vegetables, pour on the whole 3 good pints of hot water, add pepper and salt, set it over the fire, and let it simmer until the whole is well cooked and tender. Serve all together.

### Artichoke and Potato Soup. 17.

3 pints of good stock, not dark; put into it 8 or 10 potatoes peeled and washed, and an onion; add salt and pepper, boil till tender, then press through a sieve, add a small cup of cream, warm well, and serve. Artichoke and carrot soup may be made the same way, only the latter will do with darker stock, and does not require cream. Artichoke soup takes 1 lb. of the roots to a pint of stock.

### Potato Soup, No. 2. 17a.

Peel and cut in slices 8 large potatoes; put into a pan which has been rubbed with butter at the bottom, a few slices of ham and the potatoes; let them warm well, but not brown, then pour in rather over a quart of stock; boil till the potatoes are tender, pass through a sieve, return to the pan, season to taste, and last thing add a cupful of milk and cream mixed.

### Green Pea Soup. 18.

Take a quart of green peas, a stick of celery, an onion, and turnip, all cut, some mint, and about a quart of stock. Stew till tender, then pass through a fine sieve or tammy. If too thick, add some more stock; add salt, pepper, and a little moist sugar; have ready about a pint of young green peas par-boiled in water with a little mint, add them to the soup, and let the whole simmer until tender, then serve.

### Common Pea Soup. 19.

3 table-spoonfuls of pea flour, mix it in a basin with enough cold broth to make it smooth like a paste. Take a quart of broth, boil it, and pour it boiling over the paste, stirring all the time; return it to the saucepan, add pepper, salt, and very finely dried mint. Broth that bones and vegetables have been boiled in will do for this, or even that left from boiled salt beef, if not too salt.

### Vegetable Soup. 20.

3 turnips, 2 onions, carrots, a lettuce, 3 sticks of celery, a little mint, parsley, and a cup of rice. Boil all in a good quart of water till tender, take out the lettuce and mint, pulp all the rest through a fine sieve, warm ½ a pint of thin cream, add to it the beaten yolks of 2 eggs, stir them over the fire

together till rather thick, add them to the soup, and put all over the fire to get quite hot. Salt and pepper should be added to taste.

### Cheap White Soup. 21.

Boil knuckle-bone of veal and ham-bone, 3 onions, 3 sticks of celery, salt and pepper, in 3 quarts of water for 6 hours; skim well, strain, and leave to get cold; remove all the fat. Take ½ a lb. of rice, boil it till tender in a little of this stock, pass it all through a hair sieve, rubbing as much of the rice through as possible, add as much more stock as you require for your soup, and put it in a saucepan on the fire. Beat the yolk of 1 egg, put to it ½ a pint of thin cream, add this to the soup, and make it quite hot.

### Tapioca Soup. 22.

Have ready about 3 pints of good and delicately flavoured beef stock. Wash 2 oz. of the best tapioca in water, put it on the fire with half of the stock, heat together very slowly until the tapioca is very clear and partly dissolved, then add the rest of the stock, and the yolks of 2 eggs beaten.

### Carrot Soup. 23.

Clean and cut 6 or 8 carrots into slices, fry them in butter with 2 onions sliced, a little sugar, and some parsley. Take a quart of good stock, put it on the fire, throw in the carrots, onions, etc., boil till quite tender, then rub them through a hair sieve or tammy, add the pulp to the soup till it is as thick as good cream. If the carrots are small, 10 or 12 will be required.

### Oyster Soup. 24.

Allow about 3 dozen to a quart of soup. Open them carefully, keep and strain the liquor from

them, beard the oysters, and put the strained liquor over them. Take a quart of the palest veal stock, and simmer the beards in it for twenty minutes; strain, adding a little more stock if required. Put the oysters over the fire in their own liquor to plump them, but do not let them boil. Put the soup over the fire, add mace and cayenne, pour the liquor from the oysters to it and a pint of cream quite hot, put the oysters into the tureen, and pour the soup over them and serve. Should any thickening be required, a dessert-spoonful of cornflour, mixed quite smooth with a little milk, and then added by degrees to the soup (letting all simmer together a little) will thicken it; but it should be added before the cream. It is better to boil all cream alone before adding it to soups.

### Superior Hare Soup. 25.

Cut up a hare into joints, put it into a stewpan with 1 lb. of lean ham cut in thick slices, 2 small onions, 3 or 4 cloves, 2 blades of mace, a bunch of sweet herbs and parsley, and about 3 quarts of good beef stock. Stew very gently for two hours. Strain the soup, and pound together, or pass through the mincing machine the ham and all the flesh off the hare; put this back with the soup into the stewpan, add the crumb of a French roll and ½ a pint of port wine; simmer twenty minutes, then rub through a tammy, put it again on the stove till very hot, season with salt, cayenne, add a small spoonful of red currant jelly.

### Fish Soup. 26.

Take any white or fresh-water fish, cut off some of the best pieces; boil the bones and the other parts of the fish in a quart of water for an hour, let it get cold, or nearly so. Slice a small onion, then put 1 oz. of butter into a saucepan; put in the

onion, let it brown, then lay in the pieces of fish which were kept, add pepper, salt, a glass of sherry, a tomato sliced and cored; pour on to it the liquid from the fish bones, straining it to prevent the bits going in, add a little chopped parsley, simmer a quarter of an hour, serve with fried toast.

### Tomato Soup. 27.

Put 2 oz. of butter into a saucepan; slice 6 tomatoes, 2 carrots, 1 onion, 4 oz. of veal, and 4 of ham, add to the butter, let it steam a quarter of an hour; then add a good quart of stock (made from bones or beef), pepper, salt, and a bunch of sweet herbs. Simmer half an hour; take out the herbs, and pulp the rest through a sieve. Serve hot. Peas may be used instead of tomatoes, $\frac{1}{2}$ a pint to each quart of soup, steamed with the butter and other vegetables, and a pinch of sugar added.

### White Rabbit Soup. 28.

Cut a big rabbit in small pieces, put into a stewpan with two quarts of water, a good slice of bacon cut in pieces, a bunch of herbs, and 2 onions. Boil five hours gently, skim when first it boils, then add a little pepper. Pass it through a sieve, pressing through as much of the meat as possible; mix two table-spoonfuls of corn-flour with enough milk to form a paste, add it to the soup, and put it all into the pan again to boil. Pour a quarter of a pint of cream in before serving.

### Purée of Peas. 29.

Take 1 quart of yellow split peas, wash them well, put them into a stewpan with a little raw ham or bacon, some celery, 1 carrot, and 3 onions; also add sufficient good broth to make it the thickness of cream; then pass it through a tammy cloth or sieve, and serve with croutons and mint.

### Good Plain White Soup. 30.

6 potatoes, 4 onions, 4 oz. crushed tapioca, 1½ pints of milk, a little butter, salt, and pepper. Cut up the potatoes and onions, put them into 2 quarts of boiling water; boil for three-quarters of an hour, rub the vegetables through a sieve, put back the potato paste into the water again, add the butter, salt, and pepper, then boil the 4 oz. of tapioca for twenty to twenty-five minutes in the soup, add the milk, and, when fully heated, serve. This will make about 2 quarts of soup.

## REMARKS ON COOKING FISH.

FISH must always be well washed before cooking, and thoroughly cleaned. For frying, it is best washed in cold water, rubbed with salt, dried and rolled in a cloth. Cod and salmon when fried should be cut thick. Soles may be cooked either whole or in fillets. In all frying, either with oil, fat, or lard, care should be taken that the lard be quite boiling before the things to be fried in it are put in. If the cook is not quite sure if it is boiling, she had better try first with a small bit of bread; if that browns at once, the fish can be put in at once; for if lard or butter is not hot enough, it will soak into the fish, meat, etc., and quite spoil it. This applies to rissoles, croquettes, etc., as well as to fish. Many people like fried fish to eat cold, in which case it must be crisp, well fried, but not over done, and served with a little piquante sauce. When fish is fresh, the gills are red, the eyes bright; if the gills are blue and the fish flabby, it should not be used. All boiled fish should have salt in the water it is to be boiled in, from 4 to 6 oz. to the gallon of water. Salmon is in season from February to August; it can be bought at other times, but it is dearer; codfish from October to March, in greatest perfection at Christmas. Mackerel, whiting, etc., if boiled, only require 4 oz. of salt to a gallon of water. Clarified dripping, or even good dripping, will do for frying things in, as well as lard.

### To Boil a Turbot. 31.

A moderate sized one will take twenty minutes to boil, a large one half an hour; this is after it gets to the boil. Clean very well in two or three waters. Dissolve (in a well-cleaned fish-kettle, in as much cold water as will cover the fish well) salt, allowing 4 oz. to a gallon of water; lay the turbot in, having the white side upwards; bring it slowly to the boil; take off the scum as it rises. Let the water simmer until the fish is done, then lift it out, drain, and slide it gently on a very hot dish. Serve with rich lobster sauce.

### Turbot à la Crême. 32.

Take carefully from the bones the flesh of a cold turbot; take off all the skin, and cut into neat pieces. Mix some cream sauce (from Recipe 257), heat the fish in this, but do not boil it. Send to table with a wall of mashed potatoes round it, or covered with fine bread crumbs, moistened with clarified butter, and browned with a salamander.

### To Boil Salmon. 33.

Scale and clean very carefully, wiping all the blood out from the inside. Some cooks put salmon into boiling water to set the curd; but it is wiser to put it into water which is just warm, allowing 6 oz. of salt to a gallon of water; take the scum off when it rises. A small fish may boil rather fast, but a thicker one is best boiling slower. From 2 to 3 lb. will take about half an hour. Salmon is best well done. Do not allow any fish to remain in the water after it is boiled; lift it out on the fish drainer, put it across the kettle, putting over it a clean cloth that has been dipped in boiling water and wrung out; just before dishing it up, dip the fish again into the water in the fish-kettle, which must be kept

simmering all the time, so that it may not be cold when sent to table.

### To Boil Codfish. 34.

The head and shoulders of this fish is considered to be the handsomest piece, although the middle cut has more on it. Wash the fish well, cleaning the backbone carefully. Put it into cold water with 6 oz. of salt to a gallon of water. Put the fish-kettle over a moderate fire, skim well when it boils, then boil gently till done. Some put rather less salt and a pinch of saltpetre. A small piece will take from twenty to thirty minutes, a large fish nearly an hour or more. Serve with oyster sauce, or with the "Parson's Fish Sauce," given in Recipe 246.

### Fried Slices of Cod or Salmon. 35.

Cut the middle or tail end into slices, a little over half an inch thick; season with salt and pepper, and egg and bread-crumb them, and fry a nice brown; or they may be seasoned, floured, and fried plain—they will take about ten minutes to cook. The slices after they are fried can be put, if liked, to stand by the side of the fire in a good hot curried gravy for five minutes, which is an excellent way of flavouring them. Salmon can be fried in the same way as cod, and is very good for breakfast.

### Boiled Salt Fish. 36.

If very salt, it is best left in cold water all night, or until the salt is drawn out and it becomes softer. Put it into plenty of cold water, let it heat very slowly for an hour, but never let it boil, as that will harden it; it must simmer from half to three-quarters of an hour after it gets quite hot. The scum should be cleared off carefully. Served with egg sauce.

### Fried Soles. 37.

Skin, clean, and wash soles carefully. Do not take out the roes; fold them very carefully in a clean dry cloth until they are wanted, as they must not be at all wet. Brush them very well over with beaten egg, then dip them into very dry, fine bread crumbs. Have ready a clean frying-pan, with enough good lard in it to float the fish; let this be quite boiling before the fish are put in; they will take from nine to fifteen minutes to fry, according to size. Before frying the fish it is better to take them by the head and shake off any loose crumbs. When they are fried a nice colour on one side, pass a fish slice carefully under the fish, put a fork in the head, and turn them. They should be drained on paper. Soles sometimes are dipped in beaten egg, then perfectly covered with flour, and fried in boiling olive oil, and drained well.

### Filleted Soles. 38.

Large soles are the best for this. Divide down the middle of the back, then round the fins, and with a sharp knife raise the fish from the bones. One fish will make into four fillets; these can be rolled up, egg, bread-crumb them, and fry in boiling lard. A pretty dish can be made by having 4 fillets boiled and 4 or 6 fried, putting the white fish to stand in the centre of your dish and the fried round. Put a rich white sauce on the dish, but not over the fish. In boiling the fillets, have a little salt in the water, let it just come to the boil, then simmer gently for six to ten minutes.

### Piquante Filleted Fish. 39.

Take some nice fillets of any flat fish about an hour before cooking, sprinkle with salt and pepper, *lay them in a dish,* sprinkle over them well some

common and tarragon vinegar. When wanted, roll tight, put them in a saucepan with the liquor they were in, add about a quarter of a pint of veal or white stock, let them simmer ten minutes or more if thick. Take the fish out, put ½ a teaspoonful of cornflour mixed smooth with a little cream to the stock, also a teaspoonful or two of essence of anchovy, the beaten yolk of an egg, and more pepper if required. Stir over the fire to get thick, pour over the fish, which must be kept warm, and serve.

### Whitings Fried. 40.

These fish are generally cleaned and skinned at the shop; if not, they must be done by the cook. The tails should be fastened into the mouth; brush them over well with egg beaten up, then dip in very fine bread crumbs, and fry a nice brown in boiling lard, drain and dry well; they will take from seven to ten minutes to fry. A little flour can be mixed with the bread crumbs. Serve with anchovy or shrimp sauce.

### Baked Whitings. 41.

Clean 4 or 6 whitings well, cut off the heads, season well with pepper and salt. Butter a pudding dish thickly at the bottom, lay in the fish, sprinkle them over with more butter, and 2 table-spoonfuls of any light wine, cover with thick buttered paper, put them in a moderate oven for half an hour. Mix together 3 table-spoonfuls of sherry, 2 teaspoonfuls of finely chopped herbs, 1 desert-spoonful of mushroom ketchup, 2 table-spoonfuls of gravy, a little cayenne; boil these together for a few minutes, pour over the fish, return them to the oven, and let them do slowly for half an hour more.

### Mackerel. 42.

If for boiling, open the fish enough to clean it well, also wash the roes well. Put salt into the water they are to be boiled in, put them on either in cold water, or just warm; let them come gently to the boil, then simmer about a quarter of an hour, longer if they are large. Drain well before serving. These fish are best fried; cut off the heads and tails, clean very well, split them open and take out the backbone: some cooks take out all the bones, wipe the fish very dry, sprinkle salt and pepper over, flour the fish well, and fry in boiling lard; drain well and serve. Mackerel may also be broiled on a gridiron over a clear fire, either split or whole; or folded in buttered paper and then broiled. They may also be baked in the same way as whiting in the recipe given above. Care should be taken to have mackerel always perfectly fresh, as they become unwholesome very soon if they are not. When broiled they must be oiled or buttered.

### Haddocks Boiled. 43.

Make them very clean. Scrape the outside, empty them, and wash well, take out the gills; curl them round like whiting, or lay them flat in warm water with some salt in it. Let the water boil, skim it, then simmer for ten to twelve minutes. Serve very hot with anchovy sauce.

### Salt or Dried Haddock. 44.

Put them on to a girdiron that has been rubbed with lard, heat them gently through, a little bit of butter can be rubbed on them to prevent their sticking to the gridiron. If for frying, put a little butter into a frying-pan, put in the haddock on the skin side, put a little more butter on the top of the fish, let it heat gently through for about ten to fifteen minutes.

### White Bait. 45.

This fish requires great care in dressing it. Do not finger it, but turn it from the dish, or basket, into a cloth with 2 handfuls of flour, and shake it well; then put it into a fish sieve, to separate it from the flour that has not stuck to it. A frying-pan nearly full of boiling lard must be ready, throw in the fish; they will be done in a moment, and must be taken out before they are browned. Pile very high on the dish with cut paper under. They must be well drained from the fat they are fried in. Lemon, and brown bread and butter served with it.

### Red Mullet Broiled. 46.

Wash it well, dry in a cloth; it is not usually scaled or opened. Put it into buttered writing paper fastened tight at the ends; broil it over a clear fire for about half an hour, or it can be baked in a moderate oven for the same time; take off the paper and serve very hot. Grey mullet is generally boiled; if small, like boiled haddock, or fried like mackerel.

### Smelts. 47.

These fish are very delicate and good, if quite fresh; draw them at the gills, but don't open them, dry well in a cloth; dip them into beaten egg and fine bread crumbs, into which mix a little flour. Fry in boiling lard or fat for five to ten minutes.

### Plaice. 48.

This is a common fish, but when quite fresh is best cut into fillets, dried well in a cloth, floured, then washed over with egg and covered with fine bread crumbs. Fry in plenty of boiling lard. This fish is firmer if sprinkled with salt and left for two hours before cooking, then wash off the salt, and proceed as directed.

### Fresh Herrings. 49.

These fish must be carefully scaled and very well cleaned, splitting them down some way to be sure they are quite clean; the roes must be left in. Dry them well in a cloth, flour them and fry a nice brown; they will take about fifteen to twenty minutes. Some cooks cut off the heads and tails, split them open, and take out the backbones before frying.

### Salmon Fritters. 50.

Take some flakes of cold salmon, shake pepper, salt, and chopped parsley over them. Make a batter to the proportion 2 large table-spoonfuls of flour, 1 egg beaten; add enough milk or cream to bring it to the consistency of thick cream. Dip in each piece of salmon, and drop it immediately into boiling lard or butter. Fry a nice brown; they will take a very short time to fry. Drain, and serve on cut paper.

### Lobster or Salmon Cake. 51.

Take some cold salmon, about 1 lb. or less, pick out all the bones and bits of skin; put it into the mortar, add pepper, salt, and a little mace; pound it very well with ¼ of a lb. of bread crumbs, 3 ozs. of butter, and 2 eggs. Take a plain mould, butter it, sprinkle bread crumbs thickly over it, put in the fish, and bake or steam it from half to three-quarters of an hour; turn out, serve with white sauce round, into which a little tarragon vinegar can be put if liked. This may be made cheaper by putting rather less bread crumbs, and mixing in 2 or 3 table-spoonfuls of good white sauce, instead of the butter and eggs. Lobster cake can be made the same way. The tinned fish may be used instead of fresh, only the oil or liquid must be drained from it first.

### Lobster Cream. 52.

Boil ½ a pint of milk, while hot pour it over a small cupful of bread crumbs. Beat up 3 eggs well, add them to the bread when it is nearly cold; chop up the lobster very small, mix it with 2 teaspoonfuls of anchovy sauce, a little cayenne pepper; put all together and mix well, then stir in 2 or 3 tablespoonfuls of cream. Butter a mould, fill it, put a buttered paper over it, and steam for an hour. Turn out and serve with anchovy or good fish sauce.

### Fish Cakes. 53.

Take ½ a lb. of cold fish, 3 ozs. of butter, a small handful of bread crumbs, pepper, salt, and a little nutmeg, 2 teaspoonfuls of essence of anchovy; pound together in a mortar, mix with an egg beaten, divide into cakes about the size of a crown-piece and half an inch thick; brush over with cream, and fry in boiling lard a very pale brown.

### Fish Rissoles. 54.

Take the remains of cold salmon, or any white fish, free it from bones and skin, pound in a mortar with pepper, salt, cayenne, a little butter and cream, until it is a smooth paste, but not too dry; make it up into small round balls, wash these over with beaten egg, roll in very fine bread crumbs, fry a pale gold colour. Serve piled high on cut paper, Fried parsley may be served with either of these fish dishes. Fish may be mixed with mashed potatoes for these rissoles, and they can be flavoured with grated lemon peel, chopped parsley, or anchovies.

### Russian Fish. 55.

Take 1 lb. of any cold fish, remove the skin and bones and flake it. Have ready a teacupful of *nicely boiled* rice, also 2 hard-boiled eggs cut in

thin slices. Boil the bones of the fish in some milk, strain, mix the milk with 3 teaspoonfuls of corn-flour, pepper, salt, and a dessert-spoonful of anchovy essence; let this thicken over the fire. Take a pie dish, put in a layer of fish, next a layer of cold rice, pour over this some of the sauce, and cover with the slices of egg, repeat this until the dish is full, having the eggs at the top; sprinkle a few bread crumbs over, put on some bits of butter, and brown in the oven, but do not let it dry. A small quantity of mashed potatoes may be used instead of rice.

### Fish Omelette. 56.

Beat the yolks and whites of 2 eggs separately, then together. Take a piece of salmon, or cold fish, about the size of an egg, pull it well into pieces with a fork, add a pinch of finely minced parsley, a piece of butter the size of a walnut, broken into small bits; mix these well together. Take an omelette pan, put into it about 1 oz. of butter, let it melt but not brown; pour in the mixture, stir with a flat spoon. The moment it begins to set, stop stirring, then with a spoon or ladle, double your omelette, keep shaking the pan till the omelette is a golden brown on one side. Turn it out into a very hot dish.

### Herrings Boned and Rolled. 57.

Choose the herrings with roes; split open, wash, scrape, cut off the heads, and take out the roes; then with the thumb and finger of the right hand draw the backbones out. Sprinkle well with pepper, salt, and some finely chopped parsley, roll up tightly from the head. Have ready some boiling water seasoned with pepper, salt, and vinegar; put in the herrings, simmer ten to fifteen minutes; *cut the* roes into pieces and fry nicely;

place the herrings on buttered toast, add the roes, and serve. They can be garnished with watercress.

### Rolled Herrings to Eat Cold. 58.

Proceed as before, but omit the chopped parsley, and roll the roes up with the fish. Put the fish into a pie-dish. Mix a gill of water, about half that quantity of vinegar, salt, pepper, 2 or 3 cloves, 1 or two bay leaves, pour this over the herrings, cover the dish and place it in a moderate oven for an hour or two, some people like a very small bit of onion added. Serve cold with a little of the liquor on the dish. The herrings should be under the mixture while cooking; if not enough to cover them, add a little more vinegar and water.

### Stewed Fillets of Fish. 59.

Take any cold fish (or fresh fish, if preferred), cut into very small fillets, fry lightly, add 3 or 4 slices of onion, fry also. Take a saucepan, put in the fish, a few sweet herbs, and enough broth to cover it, add pepper, salt, a bit of mace, the onion, and a clove; mix 2 teaspoonfuls of cornflour with enough milk to make it into a paste, and stir it in. Stew gently for twenty minutes (if fresh fish, it will require rather longer). Take out the fish, add a desert-spoonful of sherry to the gravy, or essence of anchovy; give it a warm over the fire and strain over the fish.

### Cod Roes in Tomato Sauce. 60.

Take 1 or 2 cod roes, according to size, wash well but do not break them. Boil till quite soft. Drain from the water, when cold cut in slices about half an inch thick. Take 1 oz. of butter, warm it over the fire in a clean pan, stir into it the yolks of 2 eggs *beaten, half* a teaspoonful of salt, a little cayenne, a

pinch of nutmeg, and two dessert-spoonfuls of tomato sauce. Mix well, and stir over the fire to thicken. Put in the slices of roe, let them soak a few minutes. Have a toast on a hot dish, put the slices on the toast, pour the sauce over, and put the dish in the oven for a few minutes. Serve hot.

### Fried Cod Roes. 61.

Prepare as above and cut when cold; brush over the slices with egg or cream, dip them in bread crumbs, to which should be added a little pepper and salt. Fry a pale brown, serve with fried parsley; or plain, and garnish with watercress.

### To Roast Pike. 62.

A fish for this should not weigh less than 6 lbs. It is quite the best way to cook them. Take the pike, put into its throat a lump of salt about the size of a lemon, hang it by the head in a dry cool place for six or eight hours; then wash and clean well. Have ready a good stuffing, the same as for veal or fowl. Fill the pike with this and sew it up. Fasten the tail into the mouth and put it into the oven in a baking tin, with some bits of butter on the top of it and a cup of thin cream or milk, a little thickened with flour, round it; add pepper and salt to the milk; baste frequently while roasting. It will take an hour or more, according to size, but should not be done too fast. Pour off the milk it has been basted with into a saucepan, add a pinch of sugar, some essence of anchovy, more cream and pepper, if necessary. Put the fish on a dish, give the sauce a good boil up, pour it over the fish very hot, and serve.

### Perch. 63.

Perch are a very difficult fish to scale; the best way is *to dip them for* an instant into scalding water,

and then proceed at once to scale them. Egg and bread-crumb the fish after they have been washed and dried, and fry them, or fry plain for about ten minutes. They may also be stewed in a little stock, a table-spoonful of sherry, with pepper and salt, added.

### To Cook Eels. 64.

These fish should be used at once; some people even skin them before they are dead. Wash and clean very well. Cut them into neat pieces about 2 or 3 inches long, par-boil them in some water that has been salted, dry them a little, and let them cool. Then roll them in flour, egg and bread-crumb them, fry in boiling lard, and serve with fried parsley. Some like them fried plain first, then stewed in some stock, in which some sherry wine should be put, also pepper, salt, a teaspoonful of vinegar, and a pinch of sugar; and thicken the sauce before serving with a little flour and butter.

### Lobster au Gratin. 65.

Chop a small onion; put into a stewpan 2 ozs. of butter, add the onion, fry a light brown. Take a small table-spoonful of flour, mix it quite smooth with half a pint of milk, add it by degrees to the butter and onion, also $\frac{1}{2}$ a teaspoonful of salt, $\frac{1}{4}$ of one of pepper, a pinch of cayenne, a bit of sugar, nutmeg, and chopped parsley. Let this simmer until it becomes rather thick; cut a lobster into neat pieces, add to the same and simmer again for a quarter of an hour; then add the beaten yolk of an egg, and 2 table-spoonfuls of cream, mixed together; let it all thicken together a little longer. Fill your shells, sprinkle bread crumbs over, put a little clarified butter over just to moisten the crumbs; put them in the oven for ten minutes; pass *a hot salamander* over to brown them, and serve.

### Scalloped Oysters. 66.

Open and beard about 18 to 24 oysters, strain the liquor and rinse the oysters well in it. Have some rich, thick, white sauce ready, stir the liquor into it, add pepper, cayenne, and a little mace if liked; put the oysters in, and let them warm well by the fire, but not boil, for four or five minutes. Put the mixture into the shells (scallop shells); cover the top thickly with bread crumbs fried a delicate brown and well dried; or put on plain fine bread crumbs, pour clarified butter over, and brown with a salamander. Serve very hot.

### Trout. 66a.

This fish must be very fresh, it should be well washed and cleaned, and fried plain The small fish are very good for breakfast, either fried or broiled. Salmon trout are larger and a pale pink in colour. These are better boiled, and served with a good fish sauce.

## REMARKS ON COOKING MEAT.

MOST cooks know how to roast all the common joints of beef, mutton, etc., I therefore will only make a few remarks on this subject. All meat should be hung as long as it will keep good before being cooked. Freshly-killed meat is tough and hard. Cooks often allow a quarter of an hour for each lb. of meat; but this is not enough. For instance, 12 lbs. of sirloin of beef, roasted either before the fire or in the oven, will take from three to four hours if wished well done. No meat should do fast at first; if in front of the fire, it should at first be some distance from the fire; if in the oven, that should at first be cool, and allowed to get gradually warmer. Meat done quickly at first, shrinks up, gets hard outside, while the inside will not be properly cooked. Baste meat well while it is roasting, dredge flour over it at first, and sprinkle fine salt over it when it is nearly done. Veal, pork, and lamb should all be very well roasted; and the meat of the two former being closer, it will be found that they take even longer to cook than beef or mutton. All meat should be kept in a cool dry place and where no fly can get to it; if it becomes discoloured, scrape well, cut off any bits which are tainted, and pepper the joint well; and before cooking it, wipe it over with a little vinegar. Frozen meat will never cook, without it is thoroughly thawed first. It can be put into a warm kitchen, *some distance* from the fire, for some hours until it

gradually becomes soft. Some people put it into cold water. A thin joint will not take as long to cook as a fleshy one; for instance, ribs of beef will not take so long as a piece of the round or rump, although the weight may be the same. All joints for boiling should be neatly trimmed, washed, and skewered firmly when they require it, put into a good-sized clean pan, and well covered with cold water, brought to a boil over a moderate fire, then pulled back and simmered well until done. All the scum must be carefully skimmed off; it will rise as the water comes to the boil, and continue to do so for some little time. If the scum is left, it will sink and settle on the meat, and spoil its appearance. Vegetables, such as carrots, turnips, etc., may be boiled with meat. A small round of beef, weighing about 14 to 16 lbs., should be allowed from four to five hours for boiling. Beef, tongues, etc., are far better salted in a brine (recipe No. 678) instead of being rubbed over with salt and saltpetre, which is apt to make them hard.

### Stewed Beef. 67.

A nice piece of the round or rump is the best for this. Take a piece of about 12 lbs., trim it neatly and skewer it into a good shape, cut up 2 or 3 onions, according to taste. Take a saucepan which will hold the beef well, put into it 2 oz. of butter; let this melt, then add the onion and put in your beef. Cover the pan and let them simmer gradually together for three-quarters of an hour or more; look at it carefully during the time, to see that it does not burn or stick to the pan, and turn it over so that both sides may take a nice brown, and the gravy be drawn slowly from it. Then add some warm water, or some weak stock (also a little salt); *put enough stock to* cover the bottom of your pan

about two to three inches deep, add carrots, turnips, and a little celery, cut into neat pieces. Let all this simmer gently together for three or four hours, keeping your pan closely covered. About half an hour before serving, take out some of the broth, put it into a clean saucepan, stir into it a little thickening (made of 3 good teaspoonfuls of cornflour, mixed smooth with a little browning), add pepper and ketchup, if liked; let it boil for a few minutes, leave it to simmer until you have dished your beef, then pour the hot gravy over it and put some neat pieces of vegetables round. Before thickening the gravy, be careful to take off all the fat. This may be done by holding bits of clean thin paper on the top of it; any fat swimming at the top will adhere to the paper, but it requires to be repeated three or four times before all the particles of grease are removed.

### Stewed Beef Steak. 68.

This may be done in the same way as the beef, only it is perhaps better to brown the butter and onions a little before adding the steak. It will not take so long; still, the slower the stewing is done, the more likely you are to have tender meat. Some prefer beef steak stewed with onions only, no other vegetables being added; the gravy also can be made richer by stewing the steak in better stock, and adding flour and butter for the thickening instead of cornflour.

### Broiled Beef Steak. 69.

Cut the steak about three-quarters of an inch thick from the best part of the rump. The fire must be very clear and hot. Make the gridiron hot, wipe it over with fresh mutton suet, lay on the *steak; when* nicely done on one side, pepper it a

little and turn it over, taking care to catch any gravy that may run from it. Salt it a little just as it is done, and add a little more pepper. If salt is put on at first it will harden the meat. About ten to twelve minutes will be enough time to do it in. Some people do not like steaks broiled even as long as that. The dish on which the steak is served should be very hot. Sometimes a slice of butter, quite thin, is placed on the dish, and the hot steak put over it; or, if liked with any flavour except its own, some mushroom ketchup can be warmed on the dish. A steak may be fried instead of broiled. Lay it in the frying-pan, which must be well rubbed over with dripping, dredge the steak with flour, and when half done pepper and salt can be added. It should be fried slowly at first, and will take from fifteen to twenty minutes. Put the steak on to a very hot dish, and keep warm. Turn the fat out of the pan, put into it a little butter, stir in a large teaspoonful of flour, brown it gently, and pour in a cup of hot broth or stock; shake the pan, add pepper, salt, and some Worcester sauce. Pour this over the steak and serve.

### A Fillet of Beef. 70.

Cut a good fillet from the inside of the sirloin, take off some fat if there is too much on, and trim neatly; roast it very gently, basting well with butter. Serve it with tomato sauce round, or with rich brown sauce, to which a little port wine and some button mushrooms have been added.

### Breakfast Beef. 71.

Get a piece of the flat ribs, or the ribs of beef, bone it, and lay it on a deep dish. Mix together 4 oz. of salt, 1 oz. of saltpetre, 4 oz. of brown sugar, *and 1 oz. each of* pepper, cloves, allspice, and mace,

all in powder; mix very well together, and lay it on the beef, putting some on the dish under the beef; keep it in this for a fortnight, turning it every day. Wash all the spice off, roll up the beef tight. Bake it in a pan in a slow oven till quite tender. It must have some shred suet at the top while baking, and must be kept closely covered either with a common paste crust or a lid. When done, a fork should go easily into it. Take it out, cover with a plate, on which put a heavy weight to press it until it is quite cold. Tongues may be cured and cooked the same way.

### Lemon Beef. 72.

Take about 12 to 16 lbs. of beef, either the round or ribs; if the latter, bone it neatly. Mix together 1 oz. of saltpetre, 4 oz. of brown sugar, and 12 oz. of salt; lay it well over the beef. Have 3 lemons, or 4 or 5 limes, cut them in slices, squeeze over the beef some of the juice out of each piece, then lay all the slices over the beef. When the liquor begins to run from this mixture, baste the beef with it once every day, and keep turning it every few days, so that each side may lie in the liquor some part of the time. It should be kept in this pickle about a fortnight. Take it out, wipe it well, or pour a little cold water over it first if sticky; put it into a saucepan, cover with cold water, let it come slowly to the boil, skim the water well. Let the beef simmer for two hours, take it out, wipe it dry, and put it in the oven to bake very slowly, putting some suet or a buttered paper on the top. It should cook very gradually for 3 to 4 hours, or until a fork will go into it quite easily, but the oven must not be hot to harden it on the outside. When done, press very well with heavy weights for twelve hours. To eat cold. It will keep good nearly a *fortnight.*

### Beef Olives. 73.

Take some pieces of lean beef, about three inches wide and four long; beat them well to make them tender. Mix a little parsley, onion, and about 6 or 8 olives, all chopped very fine; add salt, pepper, and a small bit of butter. Mix well, shake in about a handful of bread crumbs, bind with the yolks of 1 or 2 eggs. Lay some of this mixture on each piece of beef; roll them up, tie or fasten with a very small skewer. Put them into a stewpan. Just cover them with good stock, put a lid on to the pan, and let them stew very slowly for an hour and a half. About half an hour before they are done peel about 6 olives very thin, with a pointed knife, round and round to get the stone out (they should fall back into their old shape as they are done), put them in with the beef; add a little pepper, salt, and a dessert-spoonful of port wine to the gravy before serving. The gravy can be thickened if liked. Cooked meat can be used instead of raw, which will not take as long to cook. A little browning can be added to the gravy.

### Brazilian Stew. 74.

Half a lb. of lean beef, ½ a carrot, turnip, and onion, peeled and cut into small pieces; mix together 1 table-spoonful of vinegar, 2 of gravy (cold), ¼ of a teaspoonful of salt, and a good bit of pepper. Cut the meat into neat pieces, dip each piece in vinegar, place them in an earthenware jar, putting the other things on the top. Tie a piece of strong, greased paper over the jar, and put it into a pan of cold water, place the pan on the fire, let it come to the boil, then stew for three or four hours very gently. Serve hot, pouring the vegetables and gravy over the meat. *I have not* tried this.

### Red Beef. 75.

To 12 lbs. of beef weigh ¼ lb. of coarse brown sugar, 3 oz. of ground pepper, 2 oz. of saltpetre, a teaspoonful of grated nutmeg, and ½ a teaspoonful of cloves; mix all well together, and rub them well over the beef. Turn the beef and rub it well with the above for four days, once a day, and the fourth day put ½ a lb. of common salt over the beef. It must be in this pickle a fortnight or three weeks, taking care to turn it and baste it frequently. At the end of the time above named, wipe it free from all the spice, and put it into a tin that is used for collaring brawn. Put the tin into a rather deep baking-tin, pouring about 1 pint of water into the baking-tin, put some shred suet at the top of the beef and a tin plate over it. Bake it slowly until it is done, which you can tell by putting a skewer through it. Any way, it will take from three to four hours. When cooked, put it aside, take off the tin plate, and leave a heavy weight on it for about twelve hours. Then take off the brawn tin and serve.

### Bubble and Squeak. 76.

Well wash some nicely grown cabbage, take off most of the outside leaves, only taking the firm inside, boil well in salt and water, into which a small bit of carbonate of soda has been put; when done, drain very well and chop up, mixing in pepper and salt. Take some thin slices of salt beef, fry them in the frying-pan, but not too much; keep them warm and fry the cabbage, turning it with a knife while doing. Pile the cabbage on a dish, putting the pieces of beef neatly over. Potatoes that have been left from the day before may be chopped and fried instead of cabbage, and served under the beef.

### Hash of Stewed Beef. 77.

Cut some neat, thin slices of cold stewed beef, trim free from skin or fat. Put 1 oz. of butter into a saucepan, let it boil, add a little chopped onion, some minced parsley, and sweet herbs. Stir over the fire till a little browned, then stir in a dessert-spoonful of flour, a little cayenne, grated nutmeg, and a small half-teaspoonful of salt; when these are a little coloured, add half a pint of stock. Let this boil gently for fifteen minutes, strain it, put in the meat, add a table-spoonful of mushroom ketchup, let it simmer gently till the meat is warmed through, but on no account let it boil. The yolk of an egg beaten may be added to the gravy if liked. Serve with sippets of toast round the hash.

### Minced Collops. 78.

Mince very well about 1 lb. of raw beef; it must be tender and free from all skin or fat. Season with salt and pepper. Put it into a saucepan and stir with a fork frequently while it heats, to prevent its gathering into lumps; it must be perfectly smooth. Continue to simmer it gently for about a quarter of an hour; if it gets too dry, add a small bit of butter and a table-spoonful of gravy, but if properly cooked it should not require this. Serve in a silver dish with hot water under, as it should be served very hot.

### Roast Saddle, etc., of Mutton. 79.

This joint is not considered to be economical; but it is about the best joint of mutton if well hung and well roasted. The skin must be carefully cut off, and if there is too much fat, remove some of it, and fasten the skin on again with skewers. Remove also some of the fat round the kidney. Put the joint *some distance* from the fire at first, baste it

frequently and well; about three-quarters of an hour before the saddle is done, remove the skin, and allow the fat to get brown, but on no account permit it to get the least bit burnt. Sprinkle a little salt over it just at the last; dish it on a very hot dish and pour some good clear dark gravy round. All mutton requires to be sent in very hot, and with very hot dishes and plates, as the fat of mutton becomes soon cold, and looks very bad if it gets white and thick, caused by cold plates and dishes. A saddle of mutton will take from two and a half to three hours, if small. A saddle of lamb may be cooked the same way, and will take two and a half hours to roast. A leg of mutton should be well hung, and roasted very slowly; one of nine to ten lbs. will take quite three hours. A loin of mutton should be neatly jointed, a great part of the top and under fat taken off, and the flap rolled neatly under; it will take about two hours to roast, or longer if large. Serve good clear brown gravy round this joint, and red currant jelly handed.

### Rolled Loin of Mutton. 80.

Cut all the meat neatly from the bones, put them into a saucepan with some vegetables, sweet herbs, pepper, salt, and a good pint of water; let them boil slowly for two hours. Trim your mutton neatly, leaving on very little fat. Chop up the kidney fine, taking out the skin; mix it with about 10 button mushrooms also chopped, a dessert-spoonful of chopped parsley, a handful of bread crumbs, pepper, salt, and about a quarter of a grated nutmeg; lay this mixture in the loin of mutton, and roll it up from the thick end. Put it into a moderate oven for an hour; baste it well to prevent it drying at all. Strain your broth from the bones, remove all fat, put the mutton into it, cover the pan close, and *let it simmer* very gently for one hour and a half.

Put it on to a very hot dish, and keep it warm. Thicken the gravy with some cornflour, add a glass of port wine, more pepper and salt if required, and a dessert-spoonful of mushroom ketchup. Give this a good boil up over the fire, pour over the mutton, and serve very hot. Button mushrooms may be put into the gravy.

### Boned Shoulder of Mutton. 81.

Bone a lean shoulder of mutton, it should be a small, and not a fat one for this purpose; cut off the knuckle end, and any loose bits of skin. Take some fresh or tinned oysters, strain the liquor from them, and beard them, rinse them again well in the liquor. Lay your mutton on the table on the skin side, sprinkle it over well with a mixture of salt, pepper, and mace; then lay in your oysters, roll, and bind round with tape. Take 2 oz. of butter, put it into a saucepan that will hold the mutton, melt it, then add a few slices of onion, some peppercorns, and a sprig of parsley; let these brown a little, put in the mutton, add as much stock as will be about an inch, or rather more, deep in the pan; cover down, and let it simmer gently for two to three hours, or till quite tender; strain the gravy, thicken it a little, add to it a little ketchup, warm well, and pour round the mutton.

### Saddle, or Loin, of Mutton Réchauffé. 82.

If the loin is used for this, it must not be jointed, and must be carved like the saddle. Cut off, when cold, all the meat from the bone side, leaving the fat and flat side as before. Mince the meat very fine, adding more mutton from any cold joint you have. Put the mince into a stewpan, with a little very finely chopped onion, salt, and pepper, a little good gravy, *enough to* moisten it, and shake in a *little flour to thicken* it. Let it simmer until well

mixed; then fill up the space in your loin or saddle of mutton with this, so that it looks like a fresh joint again; cover well with bread crumbs, put bits of butter over, brown well in the oven, and serve very hot with good gravy round. The onion put to this is best cooked first.

### Côtelettes à la Santé. 83.

Take the best end of a neck of mutton, boil very gently with half an onion and a carrot in the saucepan. Allow it to get cold, cut and trim into cutlets, taking off nearly all the fat. Mix together a little finely-chopped parsley, onion, salt, and pepper; beat the yolk of an egg and mix with it. Put your cutlets into a little good thick gravy for a few minutes over the fire, then dip each, first into fine bread crumbs, then into the egg and chopped parsley, and again into bread crumbs. Fry lightly. Serve with a rich brown sauce.

### Mutton Cutlets à la Réforme. 84.

Take 1 oz. of butter, warm in a saucepan, shake in 1 oz. of flour, stir well, then add ½ a pint of good stock and a bunch of sweet herbs. Boil for a quarter of an hour. Cut up the best end of a tender neck of mutton into nice cutlets, taking off fat and skin. Mince some ham, about 2 or 3 table-spoonfuls, 2 eggs boiled hard, a small bit of boiled onion, add salt and pepper. Egg the cutlets very well, then dip them into the mixture, and fry a nice brown. Serve in a round, peas or spinach in the centre. In frying cutlets, it is best to put them into a frying-pan, with your lard or dripping rubbed rather thickly all over it, but cold, and let them get hot gently together; this makes them more tender *than putting* them into hot lard at first.

### Côtelettes in Forcemeat. 85.

Take the cutlets, neatly cut, from the neck of mutton. Stew them very gently in some broth (add a bunch of sweet herbs and very little salt) for about an hour, for they must do very slowly. Take out the cutlets, take the fat off the broth, strain it, and return to the pan, and boil it till it comes to a glaze. Glaze the cutlets, and let them cool. Take a little cold veal, 2 hard-boiled eggs, a bit of beef suet, or butter if preferred, some parsley, onion, and mushrooms, add cayenne and salt. Mince all very fine together, and mix into a paste with a little cream; roll each cutlet into this forcemeat, egg, and cover with bread crumbs; fry, or put them on a tin in the oven until they are nicely browned. Serve with mushrooms in the gravy. These are good cold for luncheon. Mutton cutlets may also be served egged and bread-crumbed, and fried plain, with vegetables of any kind in the centre.

### Norman Hash. 86.

Take 2 oz. of butter, warm it, add by degrees $1\frac{1}{2}$ oz. of flour, half an onion, a sprig of herbs, and a good pint of stock. Boil well, and strain; slice mutton very thin and free from skin; put the meat into the sauce, stew very gently for three-quarters of an hour, take out the herbs. Add half a glass of sherry before serving. Beef can also be used for this hash, but will require rather longer to stew. Cooked meat is best for this.

### Indian Hash. 87.

Take some thin slices of cold mutton or beef, free from skin or fat; put them into a stewpan with some good stock; season with salt, pepper, a little mace, and add a bit of butter, also a slice of lemon *without rind or* pips; cover the pan, and simmer

for ten minutes, but on no account let it boil. Grate the yolks of 2 hard-boiled eggs, rub smooth in a small basin, add to them a large teaspoonful of made mustard; take some of the gravy from the pan, put it to the above until it is a thin paste; pour this back into the pan, take out the lemon, let all simmer together for about five minutes. Serve hot.

### Hash Piquante. 88.

Put 2 oz. of butter into a stewpan, peel and slice 2 onions, fry in the butter till well browned. Add half a pint of good stock, 1 dessert-spoonful of Worcester sauce, 2 of tarragon vinegar, 1 table-spoonful of curry paste or powder, a small lump of sugar, pepper and salt to taste. Let this sauce come to the boil, then simmer for half an hour, stirring now and again; thicken it with 1 table-spoonful of flour, mixed smooth in a very little cold gravy, or the same quantity of cornflour. Let the thickening boil well. Have ready about 1 lb. of cold mutton, cut in neat slices, and free from skin or fat; put it into the sauce, heat it gently through, but do not boil, or it will be hard. Serve with sippets of toast round, or fried potatoes.

### Mutton Cabol. 89.

Bone a loin of mutton, leaving all the long flap. Take off all the fat outside and in. Brush over with egg. Take 4 handfuls of bread-crumbs, mix with them the grated rind of 2 lemons, pepper, salt, a little nutmeg, parsley, thyme, and onion, all chopped very small. Put this thickly inside the loin (it may be mixed with a little cream if liked); roll the loin up and skewer tight; roast gently, and baste it well. Serve with good brown gravy, into which put a glass of port wine and a large teaspoonful of *red currant jelly*.

### To Stew Mutton Cutlets Plain. 90.

These can be taken from either a loin or neck of mutton, free them from skin and fat. Fry slightly either plain, or cover with egg and bread-crumbs. Have a good cold gravy ready, put in your cutlets; cover your pan, and let them stew gently for an hour. Thicken the gravy a little, and add a few button mushrooms if liked.

### Minced Mutton and Cucumber. 91.

Pare and core a cucumber; cut it into pieces about 1½ inch long, put the pieces into a stewpan, with a small bit of butter, pepper, and salt; let it brown a very little, then shake in a small half tea-spoonful of flour, and 2 or 3 table-spoonfuls of gravy, let it simmer very gently by the side of the fire. Cut some cold mutton, free from skin or fat, pass it through the mincing machine until quite fine. Mix it with pepper, salt, a little gravy, and enough cream and butter to make it about as thick as a good batter. Put it on the fire in a pan, and stir frequently until quite hot. Put the mutton on to a dish, making it stand rather high, make a small hole in the centre, into which put the stewed cucumber. In all these recipes, a little browning, made as given in Recipe No. 278, can be added, where a darker colour is required, either for gravy or in a mince.

### Minced Mutton and Eggs. 92.

Put your mutton, free from sinew or fat, through the mincing machine. Mix it with pepper, salt, a bit of butter, and a little nicely flavoured stock; put it on the fire in a pan to warm well, but not to boil. Have some very hot well-mashed potatoes ready, free from all lumps, and mixed with a little *milk. Make a wall* of these round the dish on

which you are going to put your mutton. Poach 3 or 4 eggs very well, taking care they do not break. Put the mutton inside the potato wall, and place the eggs neatly on the top of the mutton.

### Mutton Curried (A Simple Recipe). 93.

Cut 1 lb. of tender cold mutton in small square pieces. Put 2 oz. of butter into a stewpan, make it boiling hot, add about 2 oz. of onion finely minced, brown this slightly, then add 1 oz. of curry powder, and 1 saltspoonful of salt, stir over the fire until the curry powder is well mixed in; then put in the mutton, and enough broth or stock to keep it all soft, but it must not be liquid. Let it stew gently for ten minutes or a quarter of an hour. Serve piled high on a dish, with boiled rice round.

### Rolled Loin of Veal. 94.

Have the kidney end of the loin of veal cut long into the flap; veal for this dish should not be too large. Take about 6 or 8 lbs.; bone it carefully; line the inside with some slices of cooked ham, 2 hard-boiled eggs cut into slices. The veal kidney must be chopped fine, and free from skin, and mixed with about 2 handfuls of fine bread crumbs, a little parsley and thyme chopped fine, the grated rind of a lemon, pepper, salt, and a little mace. Bind together with an egg, and lay it on the veal, over the ham and eggs. Roll up and skewer well, put it into a moderate oven for an hour or more, with plenty of fat or dripping over it to prevent its drying. Have some good stock highly flavoured; put it into a stewpan with the veal, it need not cover it; about 2 inches deep in the pan will be enough; cover the pan, and let the veal stew gently from two to three hours. Serve with a rich gravy. This *is good cold,* and makes a pretty supper or luncheon

dish. It must be glazed when cold, and garnished with cucumber, beetroot, and pieces of hard-boiled eggs, or with savoury jelly. The bones will make good stock.

### Fricandeau of Veal. 95.

Have either the middle of the loin or the best end of the neck of veal, about 4 lbs. Cut the meat off the bones in one neat piece. Trim off the skin and fat, and lard it thickly with bacon. Put the veal into a stewpan, with the bones and trimmings round it; add a sliced onion, small carrot, mushroom, or celery (according to season of the year), half a lettuce, 2 cloves, a small blade of mace, and a bit of allspice, a saltspoonful of salt, half one of pepper, a teaspoonful of moist sugar, and nearly a pint of water. Cover the top of the veal with writing-paper thickly spread with butter, this must be above the water. Simmer as gently as possible for three hours, take off the paper, baste the veal well with the broth, and simmer half an hour longer. Take out the veal, keep it hot, skim all the fat off the gravy, strain, and rub the vegetables through a hair sieve; add a table-spoonful of French brandy, or a small glass of sherry; give the whole a warm, and serve over the veal. Cold fricandeau makes an excellent mayonnaise.

### Roast Fillet of Veal. 96.

Have this carefully boned; if not wanted too large, a piece may be cut out, without cutting the skin, and used for cutlets, or any other purpose. Get ready a nice stuffing, and after washing and wiping your meat, stuff it well, roll the skin tight round. Put in a big skewer, and bind tight with tape. Flour it very well at first, and keep it some distance from the fire. Baste well all the time it is *roasting, and be* careful not to burn it. It will

take from three to four hours, according to size. Serve with a thick dark gravy.

### Boiled Fillet. 97.

This should be very small and tender veal. Stuff it with an oyster stuffing (Recipe No. 535). Bind neatly and tight with tape; cover well with cold water, and let it come slowly to the boil; skim very carefully, then simmer for three hours or more. Skewer firmly, take off the tape carefully. Serve with oyster sauce (Recipe No. 248).

### Knuckle of Veal. 98.

This is rather a rough dish, and will require to boil a long time. One weighing 6 lbs. must boil over two hours. It should be well skimmed, and not allowed to cook too fast. Served with chopped parsley and butter. Most of the other joints of veal will roast. A shoulder and breast may be boned, stuffed, and rolled, and then stewed or roasted.

### Veal à la Paysanne. 99.

Take the remains of a cold roasted loin or neck of veal, cut off some neat round pieces without bone or skin, season them with salt, pepper, and cayenne; have some good brown sauce ready, put in your meat, and let it simmer gently for half an hour; before serving, add the juice of half a lemon. Arrange neatly on a dish, with tomatoes or kidney beans in the centre.

### Galantine of Veal. 100.

This may be made of either the loin or breast; if the former, it must be cut long into the flap, a piece about 4 to 5 lbs. in weight. Bone it carefully and take out the fat, also cut out about 1 lb. of meat. *Take this, half* a lb. of fat bacon, and half a lb. of

tongue or ham free of skin; pass all together through a mincing machine until it is like sausage-meat; season it well; cut up a few truffles and add them; lay the boned meat flat, sprinkle it with a mixture of pepper, salt, and spice, lay in the sausage-meat, roll tight, and tie; or put it into a clean slightly floured cloth. Put all the trimmings, veal bones, etc., into a saucepan big enough to hold the meat, add a calf's foot washed and cut in pieces, 1 onion, 2 carrots, a bundle of sweet herbs, a bay leaf, 2 cloves, pepper, salt, and 1 bit of mace; pour on this about a pint and a half of cold water, let it come to the boil, then draw it back, and when it has cooled a little put in your galantine. Boil gently for two to two and a half hours. Take out the meat, take off the cloth, and serve with a good oyster or rich white sauce over it; have ready the grated yolk of a hard-boiled egg, sprinkle this *on* the veal, not on the sauce which is round. This is also good cold. When you take off the cloth, put the galantine between two flat dishes, with a weight on the top one. Glaze the veal when quite cold, and serve with savoury jelly made from Recipe No. 542.

### Veal Cutlets. 101.

Cut from any nice lean piece of veal about a dozen cutlets; a piece cut out of the fillet, or the best end of the neck, or the under piece of the loin will answer; they must be neatly trimmed, and as near the same shape and size as possible, beat them a little with the rolling pin; after beating they should be very little over a quarter of an inch thick; next beat up some eggs, and have some fine dry bread crumbs; mix a little pepper and salt into the bread crumbs. Dip each cutlet first into the egg, then into the bread crumbs until they are quite covered. *Have the* frying-pan ready, with some cold

dripping put well all over it; lay your cutlets all over it, and let them fry gently at first. When done on one side turn to the other. Drain, serve with a small piece of fried bacon between each. If served in a crown, vegetables of any kind can be put in the centre, and gravy round.

### Stewed Veal Cutlets. 102.

Prepare as above, fry very slightly, then stew in good gravy for three-quarters of an hour or more. These are good taken out of the gravy they are stewed in, and served with tomato sauce or conserve, which should be made very hot. Tomato conserve can be bought at the stores.

### Grendines of Veal. 103.

Cut some neat slices of cold veal, about half an inch thick. Lard them with fat bacon on one side, lay them on a flat tin, having the larded side up; put in some rich stock, but do not cover the meat. The tin must be covered, and put into a moderate oven for an hour. Take off the cover, baste the meat with the gravy, and leave in the oven till the bacon is brown. Serve with the gravy round.

### French Minced Veal. 104.

Take some of the white meat, mince very fine. Fry a shallot chopped small in a little butter; when straw-colour add a bit of flour and a little stock, then put in the mince, also a little chopped parsley, pepper, and salt. Mix well, add more stock if necessary, but it should not be too soft, make it very hot, but not to boil. Beat up the yolk of an egg and the juice of a lemon together, take the mince off the fire, stir in the egg and lemon. Have ready some triangular pieces of toast, all the same shape *and size—they* should be fried in butter; take the

dish you are going to dish your veal on, make these pieces of toast stand in a wall all round the dish (they must be made to stick with a little butter just warm), put the veal in the centre, and serve. Plain minced veal may be made with only a little cream, 2 table-spoonfuls of light stock, pepper, and salt, stirred together over the fire. It should be thick enough just to stand on the dish of itself.

### Boiled Leg of Lamb. 105.

This is very good with green gooseberry sauce. It should be washed, then put into a pan, and cold water poured on to cover it well. Let it come slowly to the boil, skim carefully, put in about 2 teaspoonfuls of salt; when the water is quite clear, put in a little parsley and mint, and let it boil very slowly for two hours, or rather more if large. Serve, Sauce Recipe 682.

### Roast Hind and Fore Quarter of Lamb. 106.

These, like all the other joints of lamb, should be well basted while roasting, but not done too quickly. In the fore quarter the shoulder should be separated from the ribs with a sharp knife after roasting. A small slice of fresh butter, a bit of cayenne, and a squeeze of lemon should be laid under the shoulder, which should be replaced. Serve good mint sauce, with plenty of finely chopped mint in it, with all roast and cold lamb. These joints will take from two and a half to three hours to roast. Lamb should always be well cooked through.

### Lamb Cutlets in their own Gravy. 107.

Cut some cutlets from the loin, trim and take off the fat, just dip them into cold water, sprinkle with a little pepper, and with plenty of flour on both sides. Put *a little* cold water into a thick iron

saucepan, shake it round, but only leave in about 2 tablespoonfuls, arrange the cutlets in a flat layer, and keep them near a gentle fire, simmer as gently as possible, but without stopping, for about an hour or rather longer. Mutton may be done the same way, and is very good for invalids if it is carefully cooked; but this recipe will be quite spoilt if the meat is not cooked very slowly. A little more water or gravy may be added, but if the meat is carefully cooked it should not be required. The chops must be turned when half done. Lamb cutlets may also be dressed in the same way as the recipes given for mutton cutlets in Nos. 84, 85, and 90.

### Fillet of Mutton. 108.

In my recipes for mutton, I forgot to mention that for a small family a leg will make two nice joints. Divide it above the knuckle joint, bone the fillet or upper end, stuff it, tie up tight, and roast it.

### Knuckle of Mutton. 109.

Take the other end of the leg, cut off the leg bone to near the meat. Have ready a saucepan big enough to hold the mutton, put in 1 oz. of butter and a small onion sliced, let this brown, then put in the mutton and a pint of hot water or common stock, wash and clean well ½ a teacupful of pearl barley, add it to the meat, only it is best got ready sooner and soaked for an hour first; peel 2 carrots and cut into neat pieces, 2 small turnips, a stick of celery, salt and pepper; stew all gently for two hours or more, serve with the vegetables and some of the barley in the gravy round. The gravy can be darkened with a little browning. More onion can be used if liked.

### To Roast a Leg of Pork. 110.

*Get a small*, tender leg of pork, not very fat, and

not more than about 6 lbs. in weight. Take out all the bone, leaving only the piece from the leg to the first joint. A sharp knife will be required for this, and the meat cut carefully all round the bone, which must be pulled well forward, so as to get the knife down to loosen it at the joint. Fill up all the part where the bone was with a good stuffing (a little sage can be mixed with the stuffing if liked); cut the skin through in narrow lines across the leg, and put it down to roast, but not too near the fire at first, and baste constantly. It will take 3 hours to roast. Serve with brown gravy and apple sauce. This is an old-fashioned dish, but a good family one, if the pork is tender and well cooked. The stuffing should be made with bread-crumbs, parsley chopped, salt, pepper, a small bit of onion chopped and boiled first; bind together with egg.

### Pork Chops. 111.

Cut from a tender loin some chops free of skin and fat, a little more than a quarter of an inch thick; egg and bread-crumb them, or fry plain, but they must be cooked very slowly at first or they will be hard; put them in the frying-pan with the dripping cold, and let them warm gradually, turn when nicely brown on one side. Serve with a little dark thick gravy round and some apple sauce in the centre of the dish.

### To Bake a Sucking Pig. 112.

Some prefer this roasted, but it gives much more trouble, requiring great care, whereas, if baked in a moderate oven, it is really quite as good. If stuffing is liked, mix about half a pint of bread crumbs, 3 teaspoonfuls of chopped sage or parsley, 3 oz. of butter, a large saltspoon of salt, and a good half saltspoon of pepper. Put this into the pig, sew up with *soft but strong* cotton, and truss like a hare;

put it in the dish in which it is to be baked, covering every part thickly over with white of egg which has been beaten a little. It will require no basting. When it is done, lay it on a very hot dish, cut off the head, and split the body down the back. The stuffing can be mixed with the brains; put it into half a pint of good veal gravy, add a glass of madeira or sherry, pour it on the dish with the pig, or put it into a sauce-tureen to be handed. Bread sauce should also be served with it; a pig about three weeks old will take about one hour and three quarters to cook.

## POULTRY, GAME, ETC.

CHOOSE poultry which is young and plump. The skin should be clear and white, the breasts broad and full, the toes pliable and easily broken when bent back. The feet of geese and ducks should be yellow and flexible; when the feet are hard and red, the skin full of hairs, and the bills red, they are old birds. For boiling, pick out chickens with white legs if possible. Poultry should be well hung, but never allowed to become the least tainted. Pigeons are better flavoured if used fresh. In cold weather a turkey will hang in its feathers for ten days or a fortnight. Care should be taken with all poultry, that in drawing it the gall bladder should not be broken and allowed to go over the meat. Also it should be very well singed with paper, and all black bits left from the feathers pulled out; wash the inside well with plenty of water; let cold water run through the inside, but wipe it quite dry after with a clean cloth. Game, from venison to the smallest bird, is all the better for being well hung in a cool dry place. Plenty of pepper can be sprinkled on them, to keep off the fly as much as possible. You will soon perceive if a bird is becoming tainted by the smell when you open the beak. Game should be carefully plucked and drawn, wiped with a dry cloth outside, and washed or wiped with a damp cloth inside. Hares require to be washed well in both cold and warm water, vinegar may also be used, then carefully wipe *dry*.

### Roast Turkey or Fowl. 113.

After singeing it well, wipe it carefully outside, pour water through the inside, then dry carefully with a clean cloth. Fill the breast with good forcemeat, or with sausage-meat highly seasoned with minced herbs, lemon-rind, and cayenne. Truss the turkey very firmly; baste it very well while it is cooking, to prevent its being dry; a piece of buttered writing-paper can be put over the breast at first, but taken off in time to brown it. Serve bread sauce with it. A small turkey will take one and a half to two hours; longer if it is larger. Poultry should always be well done, but not dried up. Flour should be shaken over both turkeys and fowls before roasting. Fowls may be roasted and trussed the same way. A fowl will take an hour to roast, quite young chickens about thirty-five minutes; care must be taken not to do any poultry too fast at first.

### Boiled Turkey or Fowl. 114.

Wash very clean after singeing, and wipe very dry. Cut the skin at the first joint of the legs and draw them off. This can be done by fastening the leg in a door, or on a hook, and then pulling the bird from it. In trussing a turkey or fowl for boiling, the legs must be drawn into the body, and the breast bone broken to make it look plump. Stuff the breast well; oyster forcemeat is good for stuffing a turkey. Boil in plenty of warm water very gently, and take all the scum very carefully off the water. It will take nearly two hours, if a moderate size. A fowl will take over an hour, a small chicken about three-quarters of an hour.

### Boned Turkey or Fowl. 115.

It is better to begin by cutting the skin down the *back; then* taking it carefully off the bones, but not

breaking it until you can cut the joints of the wings and legs; then proceed carefully with the other part, leaving the merrythought until the breast is cut off the bone. If wanted to be large, and nearly the proper shape, it is best to bone a turkey first, then a fowl, then a pigeon or partridge; put one inside the other, and fill up with forcemeat; or a turkey may be stuffed with tongue and filled in with forcemeat; it must then be sewn up. A more simple way is to draw the legs and wings into the body, lay the bird flat on the table, cover it thickly with forcemeat, pieces of tongue, ham, and more forcemeat, roll tightly, and bind with tape. It should then be put into a clean stew-pan, covered with good veal broth, and allowed to stew very gently for an hour to an hour and a half. Some cooks put it into a thin pudding-cloth before stewing it. After it is done, press it slightly with a light weight between two dishes until cold, then glaze lightly, and serve with savoury jelly. Or it can be served hot, with a good white sauce. A good stock can be made to stew it in from the bones of the bird, a bunch of sweet herbs, a calf's foot, cleaned and cut up, 2 carrots, 2 bay leaves, a blade of mace, 2 doz. peppercorns, and any trimmings of any white meat; add salt and 3½ pints of water. The bird can be stewed in this for an hour and a half, then taken out and pressed. The stock must then be boiled till it will jelly, strained, and left to get cold. Carefully take off all the fat, and break it up to put round the turkey.

### To Roast a Goose. 116.

Singe carefully and wipe very clean with a damp cloth; wash the inside. Boil 2 onions well in two waters, if large onions, one will be enough; chop it *fine, mix with 2* handfuls of bread-crumbs, a salt-

spoon of salt, ½ one of pepper, about ¼ of an oz. of sage leaves minced fine, and 2 oz. of butter; mix well together, and put the mixture into the goose. Truss it carefully to prevent the stuffing coming out; roast, and baste frequently. Serve with gravy and apple or tomato sauce. It will take about one hour and three-quarters. It may be stuffed with mashed potatoes, if liked, but they must be mashed very dry, mixed with pepper, salt, and 2 oz. of butter; a little chopped onion can be added if liked.

### Guinea Fowl, Roasted. 117.

These birds should hang as long as they will before being cooked. Then they should be stuffed like a turkey and served with gravy and bread sauce, or with a piquante sauce. They will take about an hour to roast.

### Boiled Fowls. 118.

Take 1 quart of boiling water and 1 quart of cold water; clean and truss your fowl carefully; the legs should be drawn, cutting the skin at the first joint, and then put under the skin into the bodies, while the wings should be cut off short and twisted back; no livers or gizzards should be trussed with boiled fowl. Put them into water, mixed as above, that will be about right heat, but it must entirely cover them; skim well when it comes to the boil, then simmer, for a fowl, an hour, for chickens, about half the time. Serve with celery or oyster sauce, or even with plain white sauce to which the yolk of an egg has been added. You must have sauce enough to entirely cover your fowl, or chickens, and to cover the flat part of the dish also. It must be quite smooth and not too thick; it quite spoils the look of your dish if the fowl appears only half-*covered with* lumpy white sauce.

### Broiled Chicken. 119.

This should first be boiled for about ten minutes; allow it to become cold, then split into two, wash over with beaten egg, then cover with bread crumbs; broil it over a clear fire; it will take half an hour, or if large, longer. Serve very hot. The legs should be trussed like a boiled fowl, and it should be made as flat as possible. The inside should be put first on the grid.

### Roast Ducks. 120.

Be careful to see that they are properly picked free from the stumps left from the feathers. Take off the head, neck, and pinions of the wings from the first joint from the body; keep these, also the heart, liver, and gizzard; carefully wash the inside of the ducks well, pouring water through them; wipe the outside with a dry cloth. Put in a stuffing, the same as for a goose, of bread crumbs, boiled onions, etc., but no sage, without it is liked; a little parsley may be used instead. The feet are generally left on, and trussed under the back, being first held in boiling water for a few minutes to make the skin loose, which must be pulled off. Roast and baste well; they will take about an hour; quite young ones only half that time. Serve with good brown gravy.

### Stewed Giblets. 121.

Take all the giblets from a goose or couple of ducks—neck, wing pinions, heart, liver, gizzard; clean very carefully, cut the neck and gizzard into neat pieces, put them into a stewpan with a bunch of sweet herbs, a bit of parsley, part of an onion with three cloves stuck in it, 6 peppercorns, salt, and about a pint of water; bring it slowly to the boil, then simmer gently for an hour, or till they *are very tender*. Take out the giblets and strain

the sauce, add a little browning to it, some mushroom ketchup, and more pepper and salt, if necessary. Put the giblets in again, warm, and serve; or put them on one side, and make them into a pie.

### Pigeons. 122.

These are good roasted or stewed; if roasted, they should be used fresh and well basted, the heads and necks cut off, and trussed like a duck; pour plenty of water through them before trussing, and wipe dry; but wipe the outside only with a dry cloth. Put into the inside of each a little butter and a bit of cayenne. They will take about twenty-five minutes, but if very young not so long.

### To Stew Wood-Pigeons. 123.

These eat very well if hung for a little to make them more tender; after cleaning and trussing, bake them in a moderate oven for half an hour, basting them well; have ready some good stock, warm it, and put in the pigeons before they are cold; let them simmer in this very gently for nearly an hour, take some of the stock, thicken and darken it, add some cayenne, and a dessert-spoonful of port wine; dish the pigeons, and pour the gravy round.

### To Roast Venison. 124.

Take great care the meat is well hung. Take the skin from the top part, put butter and salt over the fat; then make a paste of flour and water, lay it on and fasten it by four or five sheets of paper, sewn together and skewered on firmly. Roast it gently and baste it. About twenty minutes before it is done, take off the paper and paste, and let it colour gradually to a pale brown, but be most careful it does not burn. Serve with a good gravy *round* and with red currant jelly. A little port *wine can be* added to the gravy.

### Hashed Venison. 125.

Take a pint of very good brown gravy, mix with it some of the Sauce Tartare (Recipe No. 253). Cut the venison in small thin slices of equal size, put them into a saucepan, cover with the sauce, and let it stand from fifteen to twenty minutes; put the pan on the fire, let it get gradually warm till it gets hot quite through; it must on no account boil, but it must be very hot when sent to table.

### Hare, Roasted. 126.

A hare will hang some time in winter, if kept in a dry place; damp does it more harm than anything, and gives it a musty smell and flavour. It is better not touched, except putting a little pepper over the head, until it is required for cooking; if drawn first, and then hung, the inside gets very musty, and is apt to make it taste when cooked. This applies also to rabbits; both may be wiped with vinegar after having been skinned, cleaned, and well washed, first in cold, then in warm water. If a hare is very high, it may be left in tepid water for some little time; or if the blood has settled in one part, and it looks black, just cut it with the point of a knife, and soak it in warm water to draw out the dark blood. Wipe it very dry, fill with good forcemeat, sew up and truss firmly. Roast it carefully, or the outside will become dry and hard before it is done; a thin piece of skin from beef suet is good to fasten over the middle of the back for the first three-quarters of an hour while it roasts, then taken off. A hare must be basted well with good beef dripping or butter; or the butter can be used only just at the last; flour the hare when first put to the fire. Serve with good gravy round, and red currant jelly to hand with it. A hare should be allowed about an hour and three-quarters for roasting.

### Roast Rabbit. 127.

Rabbits can be cooked much the same as hares, but they will take hardly an hour to roast. If liked, the backbone can be taken out; it must be carefully done, so as not to break the skin. A rabbit done this way will require much more stuffing put into it; a little thin bacon, or slices of ham, may be put in before the stuffing. Flour and baste well; the flour should only be put on at first. Almost all game, poultry, and meat is improved by being floured a little at first. Red currant jelly is sent in also with roast rabbit.

### Boiled Rabbits. 128.

Select very young ones for boiling; wash and clean well. Fasten the head to the side; have water boiling and skimmed ready, put in the rabbits, and simmer gently for half to three-quarters of an hour. Serve with plenty of white or onion sauce over them.

### To Roast Pheasants and Partridges. 129.

These birds both require to hang as long as they will before being cooked. Pluck carefully, not to break the skin, make a small split in the back of the neck to take out crop; draw, and clean well, wiping the inside with a damp cloth, or, if necessary, pour water through the birds. Truss tight, flour at first, and baste with butter and good dripping; a pheasant will take three-quarters of an hour; a partridge, half an hour or less. Serve both with good brown gravy. Bread sauce, and bread crumbs nicely browned, to be handed with them.

### To Roast Snipe and Woodcock. 130.

*Pluck* these birds carefully, as the skin soon *breaks,* wipe them with a clean cloth, but don't

draw them, truss with the head under the wing; flour well and baste with butter. The trail will begin to drop as soon as the birds get warm; put a piece of nicely buttered toast under to catch it; the toast must not be too thin, and free from crust. The birds will take about twenty minutes, take the toast, put it on a very hot dish, serve the birds on it, with gravy round. Snipe are cooked the same way, only they don't take quite so long to roast.

### To Roast Grouse. 131.

These birds are some of the best game eaten, if properly hung and well roasted. Wipe very clean inside with a damp cloth, but do not wash without it is necessary. They will take from thirty to thirty-five minutes.

### Wild Duck. 132.

Prepare them in the same way as ducks, only do not stuff them; flour well and put them near a good fire. Some people prefer them underdone, in which case twenty minutes will be long enough, but five or ten minutes more will not spoil them. Baste with butter or good dripping. Serve with brown gravy round; also lemon, cut in quarters, and cayenne should be handed with them.

### Larks. 132a.

Take 10 or 12 larks, skin, draw, and wash them inside; put a bit of butter and pepper inside each, truss them with a little thread, and run a thin skewer through them. A good many can be put on to each skewer; roast gently for about ten minutes. Serve on toast with clear brown gravy. Baste with *butter while roasting.*

### Stewed Pigeons and Mushrooms. 132b.

Put into a stewpan 1 oz. of fresh butter. Cut up 2 pigeons into small pieces, let it stew a little, but not brown; add 1 pint of good gravy, 1 table-spoonful of mushroom ketchup, salt, pepper, and cayenne; stir well until it just boils, then let it simmer well for three-quarters of an hour; add 1 or 2 dozen small mushrooms, and stew ten minutes longer, then add 2 table-spoonfuls of cream. Serve on a hot dish, putting the mushrooms round the pigeons. A little sherry may be added if liked.

## ENTRÉES, CURRIES, ETC.

### RICHELIEU. 133.

TAKE 2 lbs. of veal, ¼ of a lb. of beef suet, ¼ of a lb. of bread crumbs. Do all together through the mincing machine till well mixed, adding first, pepper, salt, and a little chopped onion that has been boiled. Mix the whole with the yolks of 3 eggs and the white of one; add a little ketchup and a little lemon juice. Put into a mould, steam one hour and a half; turn out, and serve with hot white sauce round.

### BENDINES. 134.

Soak ½ an oz. of Nelson's gelatine for two hours in a little cold water, just enough to cover it. Take a teacupful of thick brown gravy, mix with it a table-spoonful of cornflour, some mushroom ketchup, pepper, and salt. Heat this over the fire, add the gelatine, simmer ten minutes, then mix into it ½ a lb. of finely-minced brown meat; stir again over the fire five minutes, turn out on to a plate. When nearly cold and set, push it gently through a tin tube, about 1 inch in diameter, then cut it into pieces about 2 inches long. Beat the white of an egg to a stiff froth, adding 2 dessert-spoonfuls of cornflour. Paint the Bendines well all over with this mixture, and roll in very finely-grated bread crumbs. Fry in a wire basket in a saucepan of boiling lard.

### Game Pudding. 135.

Take 1 lb. of game, 4 oz. of bread crumbs, and the same amount in beef suet finely shred, or butter; beat up all together, add 2 eggs and a little cream, season with salt, pepper, and a pinch of allspice, put into a buttered mould, and steam for two hours. Serve with rich sauce. Half this will make a small mould.

### Fowl and Peas (Spanish Dish). 136.

Take a frying-pan, put in some good lard or dripping. Take the heart, liver, and gizzard of a fowl, an onion cut in slices, some parsley, and a little grated lemon peel; put them all into the frying-pan, and let them do gently. Cut up a fowl in nice pieces, also some shreds of ham, or bacon, add it to the above, and fry till it is a little brown. Take a stewpan, put into it a little gravy, pepper, salt, a teaspoonful of oil, and one of tarragon vinegar; put in the fowl and ham, chop the heart, liver, some of the onion and parsley fine, add to the fowl; also put in a quart of young green peas, stew gently till the peas are quite done; serve with the peas in the centre.

### Stewed Kidneys. 137.

Cut some mutton kidneys in half, put them with a little butter, pepper, and salt into a frying-pan; do them gently for a few minutes; then put them into a good gravy, well seasoned, on the fire in a stewpan; let them simmer gently for half an hour, thicken the gravy with a big teaspoonful of cornflour, add a little mushroom ketchup. Serve hot on toast. Veal kidney, cut into pieces, may be cooked *the same way.*

### Kidney and Mashed Potatoes. 138.

Prepare the kidneys as above. Have ready some very well mashed potatoes, having mixed with them salt, butter, and cream. Keep your potatoes very hot, take a dish, make a wall of potatoes, put in the kidneys, and serve.

### Cow Heels. 139.

Boil 2 for ten hours in 6 quarts of water; strain off the broth. Take the meat off the bones, put it into a stewpan with a little of the broth; add pepper, salt, chopped parsley, a small onion chopped fine, a little grated lemon peel, a table-spoonful of port wine, and a teaspoonful of cornflour; stew gently for half an hour. Put the whole on to a dish, sprinkle bread crumbs thickly over, and pour clarified butter on them. Brown in the oven.

### Pigeons and Peas. 140.

Cut the pigeons in half. Put them on a tin, with a little dripping, in the oven, add pepper and salt; let them brown nicely, then put them into a stewpan with any gravy from the dripping-pan, but not the fat; add enough stock to stew the birds in, let them simmer for three-quarters of an hour. Just before serving add ½ a pint of freshly-boiled peas.

### Sweetbreads and Macaroni. 141.

Have 2 large sweetbreads, lard them with bacon; boil them for fifteen minutes, then throw into cold water for a minute; place them on an oven tin and put them into the oven for twenty minutes to brown. Have a little good brown gravy thickened, add to it pepper, salt, a little mace, and a teaspoonful of Worcester sauce. Have ready some nice pieces of macaroni, about 2 inches long, and nicely

boiled: put it into the gravy, then warm the whole well up. Serve the sweetbreads with the gravy round.

### Crême de Veau. 142.

Pass 1 lb. of minced and pounded veal, and 1 lb. of minced and pounded ham through a wire sieve, add 2 oz. of butter, 2 eggs well beaten, ½ a pint of whipped cream, a little cayenne, salt, and mace. Pound all well together, and put them into an entrée mould, steam half an hour. Serve with good white sauce.

### Pantouflé. 143.

Take the remains of cold fowl, or veal, mince fine with a little ham, mix in pepper, salt, a little grated lemon peel, and enough cream or light stock to make it the consistency of sausage meat. Have some potatoes nicely boiled and mashed. Take a mould, rub it well over with beef dripping, or lard, line it all over, about a ¼ of an inch thick, with the potatoes, put in your meat, and cover with potatoes. Bake in a good oven three-quarters of an hour, or till the potatoes are brown. Turn out and serve with good gravy round. It should be nicely browned all over.

### Rice and Meat Fritters. 144.

Boil some rice in some veal broth until soft, putting into it at first a small bit of chopped shallot, pepper, salt, and a pinch of mace. Cut some neat pieces of cold meat, free from fat or skin, round in shape look best. Strain the rice from the broth, brush over each piece of meat with beaten egg, then cover it on both sides with rice, dip again into egg, and fry in boiling lard or dripping. Serve in a *crown round* a dish with fried parsley in the centre.

### Baked Cobée. 145.

Take 1 lb. of cold brown meat, mince fine, mix with chopped parsley, thyme, grated lemon, ketchup, pepper, salt, and some good gravy. Boil 2 oz. of rice for twenty minutes, strain quite dry, and add to the above. Mix all with 2 well-beaten eggs. Take a plain mould, butter it well, sprinkle into it a few fried bread crumbs, put in the mixture, and bake for half an hour in a good oven. Turn out and serve with a sauce made from tomatoes round.

### Sweetbread. 146.

Have one or two very fresh sweetbreads, trim, and half boil them in veal broth; leave till nearly cold, then wash them over well with the yoke of an egg, and put them into fine dry bread crumbs, seasoned with salt and pepper; shake them to allow any loose crumbs to drop off, then fry, very gently, in butter or lard. Serve with very rich sauce round.

### Sweetbread à la Crême. 147.

The sweetbreads must first be blanched, thus: half boil them, then throw into cold water for a minute or two; or they may be left in the water until nearly cool. Put them into a little veal stock, and let them stew gently for three-quarters of an hour; mix a little flour and butter, and thicken the stock; or it may be thickened with cornflour, a small dessert-spoonful mixed with milk; add the yolks of 2 eggs, a little cayenne, and stir the same till thick, but do not let it boil. Pour over the sweetbreads and serve hot. Sweetbreads will take from eight to ten minutes to blanch, and three-quarters of an hour to cook after. They look better for being blanched whichever way they are cooked.

### Sweetbread with Piquante Sauce. 148.

Trim, and blanch as above, butter it all over and flour well, put it into a Dutch oven before the fire, keep turning it and basting well with butter until it is nicely browned, but not dried. It will take three-quarters of an hour. Serve with sauce, Recipe 269.

### Croquettes. 149.

Mince very finely about 2 or 3 oz. of chicken, veal, or any white meat, highly seasoned with pepper, cayenne, salt, grated lemon peel, ham grated, or anything that will give a good and rather piquante flavour. Put a dessert-spoonful of cornflour into a basin, make it into a smooth paste with a little thin cream, or good milk about a $\frac{1}{4}$ of a pint; set it on the fire in a small pan and stir till it just boils; it should be about as thick as good stiff batter; mix your meat with it, and leave it all on a plate to cool. Take $\frac{1}{2}$ a lb. of flour, about 2 oz. of lard, rub into the flour, and mix into a stiff paste with very little cold water; roll out as thin as a piece of writing paper, cut it into small rounds or squares, just large enough to hold a teaspoonful of the meat and cream mixture, and to double over; having put the meat on to each piece of paste, wet the edges as little as possible, turn the paste over the meat, like a turnover, and press the edges tightly together. Brush each over with the yolk of an egg, sprinkle vermicelli or fried bread crumbs on the top. Fry in boiling lard, drain well, and serve hot, with fried parsley.

### Bashaw of Lobster. 150.

Cut the lobster into dice, put into a small clean stewpan, squeeze over the lobster the juice of a good large lemon, add cayenne, a table-spoonful of Harvey *sauce,* $\frac{1}{2}$ one of mushroom ketchup, add 2 oz. of *butter, and* shake the pan over the fire until the

butter is thoroughly melted. Serve very hot in an entrée dish. Small pieces of lemon and the small legs of the lobster may be used for garnishing.

### Chicken Soufflé. 151.

Cut the white meat off a cold chicken or fowl, pound in a mortar, adding a good bit of butter, about a quarter as much as you have of chicken, add pepper, salt, and a little mace. Mix well together with a small teacupful of cream, or with white sauce; leave till nearly cold. Then add the yolks of 2 eggs, well beaten, and lastly, the whites beaten to a froth. Put it at once into your soufflé dish or tin, or into paper cases, and bake. The cases must not be quite filled; they will not take more than ten minutes to bake; the soufflé tin will take longer. More eggs can be added, if liked richer and rather lighter.

### Jugged Hare. 152.

Skin, wash, and clean a hare well; cut into joints, put it in a brown jar, add a bunch of sweet herbs, a piece of onion, the size of a walnut, with 3 cloves stuck in it, a few peppercorns, and some salt. Pour on to it 1 pint of good beef broth, cold, put the head and inferior joints at the top. Cover down close, and put the jar into a saucepan of hot water; let it stew for four hours, or it can be done in the oven for the same time, but the oven must not be too hot. Strain the gravy, thicken with some flour, put in a dessert-spoonful of mushroom ketchup and a glass of port wine; put the best pieces of hare on a dish, and pour the gravy round. Or it may be served in a soup tureen all together.

### Salmi de Perdrix. 153.

*Prepare 3 partridges*, lard the breasts well and

roast them, but leave them rather underdone. Leave to be cold, take off the skin, and cut in joints; put them into a stewpan, with over ½ a pint of good broth, add 2 or 3 shallots, and a bit of thin lemon peel, pepper, and salt to taste, and 4 teaspoonfuls of Worcester or any other good sauce. Put it on the fire, and let it stew down to half the quantity. Strain the sauce through a fine sieve, dish the partridges with a thin slice of fried bread between the pieces; pour the sauce over, and add a squeeze of lemon juice.

### Salmi de Perdrix Froid. 154.

Prepare as above. When done, strain the sauce and leave all to become cold. The sauce can have a little of Nelson's gelatine put to it, and left to set. After it is all nearly cold, arrange the pieces of partridge in a mould, first putting a little of the sauce at the bottom; fill up with the sauce, and ice the whole together. Turn out, serve with savoury or aspic jelly round. Chicken can be cooked the same way.

### Poulets à la Tartare. 155.

Cut the chicken in half, having singed very carefully, brush it all over with clarified butter; chop 1 or 2 very small onions, a bit of parsley, and 6 or 8 button mushrooms very fine, add salt and pepper; put this over the chicken, and cover with breadcrumbs, adding a little more clarified butter. Broil over a sharp fire. Serve with piquante sauce (Recipe No. 265). Game may be dressed this way.

### Cold Chicken, Veal, or Game, Réchauffé. 156.

Take 3 parts of a pint of good stock, cut up the meat or game into neat pieces, put it on the fire, bring it just to the boil, then simmer three-quarters *of an hour; mince* ½ a shallot fine, also a boned

anchovy, add to the meat, also a little flour and butter to thicken the same, salt, cayenne, and a table-spoonful of port wine. Stew all together for ten minutes and serve.

### Chicken Fritters. 157.

These may be made of chicken, turkey, or rabbit. Cut into neat pieces, rub a little butter on each piece, and sprinkle with pepper, salt, and a little mace, all mixed together; have a nice batter ready, dip each piece into it, and fry in boiling fat; drain well. Pile high on a dish on cut paper.

### Oyster Cutlets. 158.

Take ½ a lb. of lean and nicely-cooked veal, and 2 oz. of butter, also ½ a lb. of large oysters, after the beards are off; mince all very small, and pound in a mortar. Soak 3 table-spoonsfuls of bread crumbs in the liquor of the oysters, mix with the veal, etc., season with salt, pepper, and a little mace, beat the yolks of two eggs, add to the above, and mix all thoroughly. Make up in the shape of small cutlets; egg them, cover with fine bread crumbs, fry a light brown in boiling lard. Drain well, and serve hot on cut paper, with fried parsley, or in a crown, with kidney beans in the centre, and gravy round. Tinned oysters can be used for this, but the liquor must be carefully strained before using.

### Brown Boulettes. 159.

Take 1 lb. of any brown meat (beef is best), add a quarter of a lb. of beef suet, pass through a mincing machine till quite fine and well mixed. All skin must be carefully picked out. Flavour with chopped parsley, a pinch of ginger, and mace, half a teaspoonful of moist sugar. Add salt and pepper to taste; mix with 2 dessert-spoonfuls of

bread crumbs, and bind all with the whole of one egg well beaten. Form into balls about the size of a round egg. Place some good brown gravy on the fire, let it boil, and then put in the boulettes; simmer gently for two hours over a slow fire, keeping the pan covered. Serve with fried potatoes or boiled rice round.

### Viande à la Pomme de Terre. 160.

Cut some neat pieces of cold veal or lamb, stew gently in a little gravy till tender. Have ready some potatoes well mashed, cover the pieces of meat well on both sides with the potatoes, and press it on well with a knife. Dip each piece into egg and bread crumbs, fry a light brown in boiling lard. Serve in a crown with tomatoes in the centre.

### Ox Tails à la Fricassée. 161.

Take 2 small ox tails, wash and clean well; cut into pieces about two inches long. Have ready a pint of good stock, also a bunch of sweet herbs. Put the pieces into the stock with the herbs, and simmer till tender, about two hours; leave them to cool. Mix with some bread crumbs a little pepper and salt. When the ox tails are cool, dip them in beaten egg, then in the bread crumbs, and fry a nice brown. Take a little of the stock they were stewed in, thicken and darken it, add a glass of port wine and a few drops of lemon juice. Pile the tails on a dish, and pour the gravy round.

### Duck with Green Pea Sauce. 162.

Take a young and tender duck, trim and truss neatly; stew it for an hour slowly in some broth seasoned with salt, pepper, and a bunch of sweet herbs. Have a pint of green peas, boil them in *some broth with* a bit of mint, then rub through a

sieve. Strain the broth the duck was stewed in, add as much of it to the peas as will make it about the thickness of cream. Make it very hot and serve over the duck.

### Hashed Duck. 163.

Have a young duck, roast it about three parts, cut it into joints, put it into a stewpan with 1½ pints of broth, a small onion with 4 cloves stuck in it, a bit of allspice, a few peppercorns, and a bit of lemon peel. Simmer gently for three-quarters of an hour, strain and thicken the gravy, and serve over the hash.

### Veal Olives. 164.

Cut some thin slices from a cold fillet of veal, from three to four inches long and about two wide; cut some bacon the same size. Half boil some shallot or onion, mince very fine with a little sweet herb almost to a powder, add salt and pepper. Take as many Spanish olives as you have pieces of veal, peel them quite thin round and round, but do not break it in peeling; take out the stone, and the peel will curl up again. Put a piece of veal and bacon together, sprinkle on some of the herb mixture, put an olive into each, tie with thread and fry them in hot lard or butter a light brown; take them out and put them on one side. Now fry a little sliced onion in the butter, add a little flour, sweet herbs, bits of mushroom, pepper, salt, and some good stock; let it boil fifteen to twenty minutes, strain it and lay in the veal olives, having first taken the thread carefully off them. Simmer for half an hour. The gravy should cover them while they are cooking. Serve in the sauce.

### Bacon Kromeskys. 165.

Have some cold fowl or veal, prepare it as for rissoles; *mincing very* fine, season well, add a little

gravy so that it is not too dry. Cut some thin slices of bacon about three inches long, put on each piece some of the mixture, roll up neatly and put in a cool place. Take the yolks of 2 eggs, stir into them carefully half a table-spoonful of olive oil, adding 4 table-spoonfuls of cold water by degrees as it thickens, and 1 table-spoonful of brandy; next mix in by degrees $2\frac{1}{2}$ table-spoonfuls of fine flour and a good pinch of salt. If the batter is too thick, add a little more water. Stir in quickly, just before using, the whites of 2 eggs beaten to a froth. Dip each piece of the rolled bacon into the batter, and fry immediately in boiling lard.

### Timbale of Rabbit. 166.

Take any pieces left from cold boiled rabbits, cut all the meat off the bones, mince and pound in a mortar with a bit of butter, some chopped parsley and sweet herbs, a little good gravy, pepper and salt; mix well, then add a few bread crumbs and 1 or 2 eggs, according to the amount of meat you have. Take some timbales or small cups, butter and flour them, put in the mixture, and steam three-quarters of an hour. Turn out and serve with white sauce. A little lean ham or tongue, minced with the rabbit, will improve the flavour.

### Stewed Rabbit or Hare. 167.

Cut up into neat joints. Take a large flat stew-pan, make it hot, put into it a lump of lard about the size of a large walnut; put in the joints of hare so that each piece touches the bottom of the pan, add a little sliced onion, and sprinkle over them by degrees a large handful of flour, brown both sides. Then pour over it a pint of boiling water, or weak stock, season with salt, pepper, and 2 or 3 cloves, a *bit of allspice*, a bunch of parsley, and 2 bay leaves.

Simmer slowly 1½ hours, then add a tumbler of claret, and simmer again for 1 hour. It must not be allowed to do fast, or it will dry up too much.

### Rabbit with Tomato Sauce. 168.

Cut a rabbit in pieces, fry a light brown slowly (it is best done in a stewpan) in a little butter or lard, add pepper, salt, and a little sliced onion. Pour on to it some tomato sauce, a few spoonfuls of gravy, and stew for half to three-quarters of an hour. Rabbits that have been roasted and are rather underdone can be cooked this way after.

### Perdrix au Vin. 169.

Roast 2 partridges. Put into a stewpan 3 tablespoonfuls of rich gravy, a glass of claret, salt, pepper, the juice of a lemon, and a little cayenne. Cut up the birds, keeping them very hot. Make the sauce very hot over the fire, and pour over the partridges.

### Shrimp Puffs. 170.

Pick a pint of shrimps, mince them rather small; mix with them some butter, anchovy paste, cayenne, a little cream, and white roux. Make a paste of flour, a small bit of butter, and mix with very little cold water, roll out very thin, cut it into neat square pieces about two inches one way and three the other. Put some of the shrimp mixture on each, fold over, wet the edges, press well together, wash over with yolk of egg; fry in boiling lard a pale brown, serve high on cut paper.

### Rissoles. 171.

These may be made of almost any cold meat; the chief thing is, first to see that your meat is very well minced, and that it is quite free from any lumps of *fat, skin,* or gristle; also that it is well

seasoned. A mixture of meat and game will make a good rissole, or 3 parts veal or chicken to 1 part ham or tongue. Mince your meat very fine, season highly, mix in a few bread crumbs (about half a cupful to 2 of meat), add a little gravy or stock, so as to make it the consistency of sausage meat, and bind with the yolks of 1 or more eggs. They may be made round, oval, flat like a veal cutlet, or the shape of a mutton cutlet with a bit of fried potato stuck in at one end to resemble a bone. After they are shaped they must be brushed over with beaten egg or cream, and dipped into bread crumbs, then fried a nice brown in boiling lard or dripping. If the fat is not quite boiling, it will spoil a rissole at once, as it will soak into it and cause it to be soft and break. Served with gravy, or fried parsley, or in a crown, with vegetables in the centre. They should be drained on paper after frying, either before the fire or where they will keep hot.

### Chicken Rissoles. 172.

Take the white meat of a cold fowl or rabbit, put with it a small piece of onion that has been boiled, a few bread crumbs, 2 or 3 table-spoonfuls of pale stock, a small lump of butter, pepper, salt, and a little pounded allspice. Pass this all together through the mincing machine two or three times, until it is all well blended together; mix into it some cream and the yolks of 1 or 2 eggs until it is like sausage meat. Form this into the shape of small pyramids, about two and a half inches high, made wider and flat at the bottom so that they will stand. Wash each well over with the yolk of an egg, and roll into very fine bread crumbs, and fry a pale brown in boiling lard or butter. Serve with tomato or piquante sauce round. These are also *good cold.*

### Chicken à la Crême. 173.

Mince 6 small mushrooms, put them into a stew-pan with 2 oz. of butter, but do not let them brown, shake in a good teaspoonful of flour and mix smooth, a few drops of lemon juice, pepper and salt, and half a teacupful of cream; simmer for a little, but only to get warm and well mixed. Then add the finely minced white meat off a cold chicken, heat all well together, and serve with a few fried egg balls round.

### Petits Pâtés. 174.

Cut some cold chicken into small dice; make a white sauce with a little cornflour, bit of butter, cream, or milk; season well, and add the yolk of an egg. Stir it over the fire until it thickens, then put in the chicken, let it warm through, then put it on one side. Line some patty pans with puff paste, rather thin; put some of the chicken into each; sprinkle bread-crumbs over the top, put a little bit of butter on each, and bake. Serve hot. Some prefer to bake the paste first, and warm the mixture in it after. Meat, nicely mixed with seasoned gravy, may also be used for these instead of chicken.

### Chicken Caparta. 175.

Take half a pint of light stock, thicken it to the consistency of a good white sauce. Add a little cream, salt, and pepper. Cut up the remains of cold chicken; put all the white meat, either in slices or minced, into the sauce, and let it warm well through. Take the legs, put on them butter, pepper, salt, and made mustard; broil them over the fire. Put the white meat and sauce neatly on to a dish, and the broiled legs carefully over it. Serve hot. Should you have no white stock ready, the sauce may be made with milk thickened with

cornflour, adding cream, and the yolk of an egg if wanted richer. One oz. of cornflour to half a pint of milk.

### Lobster Cutlets. 176.

Take the meat from the shell of a lobster, pound it well in a mortar, sprinkle in a little mace, cayenne, and salt; melt 2 oz. of butter, mix it in well, also 3 table-spoonfuls of bread crumbs, and an egg well beaten. Should it be too dry, add a little cream. Mix very thoroughly, then form into cutlets; dip each piece into the beaten yolk of an egg, then into bread crumbs, and fry a light brown in hot butter. A small bit of the small claws can be stuck into each cutlet.

### Fried Chicken Piquante. 177.

Cut up the remains of cold chicken into neat joints, put them into a pie dish. Mix together 2 table-spoonfuls of good salad oil, a table-spoonful of chopped parsley and onion, a little pepper and salt. Put this mixture on the chicken, and squeeze over all the juice of a lemon; leave it for four or five hours, turning the pieces once or twice. When ready, shake flour well over each piece, and fry gently. Put them neatly on a dish, with sauce No. 274 round. Rabbit, or any cold poultry, can be cooked the same way.

### Rabbit à la Française. 178.

Take a young rabbit, put it, after it is well washed, into a stewpan, with a small bit of lean bacon, an onion stuck with 3 or 4 cloves, about 10 peppercorns, a bunch of sweet herbs, a stick of celery, and a carrot; cover with about a quart of cold water, or some thin stock if you have it. Put a lid on your pan, and let the whole stew together *for an hour* and a half; but it must do gently, as

the rabbit must not fall to pieces. Take it out, let it cool a little, then cut into neat joints, strain the gravy, remove all the fat; put as much as you will require to make a good sauce for your rabbit into a stewpan; thicken it with cornflour and milk, it should be as thick as good white sauce. Put in the pieces of rabbit and let them get quite hot; a little cream may be added. The best pieces of the rabbit must be used for this.

### Chicken and Mushrooms. 179.

Take equal quantities of milk and water, about half a pint of each, mix with it 2 teaspoonfuls of essence of anchovies, an onion, pepper, and salt. Cut up a chicken and let it stew gently in it till tender. Strain the gravy, put to it a little butter rolled in flour to thicken it, a glass of port wine, and some mushrooms. Then again add the chicken, and warm all well together.

### Fricassée of Chicken. 180.

Clean a young plump chicken well, put it into some good stock with an onion stuck with 3 cloves, a bunch of sweet herbs, parsley, pepper, and salt; stew gently for an hour; let it get a little cold, then cut the best part of the chicken into nice joints or pieces; egg, and roll in fine bread crumbs, and fry brown in hot lard. Strain the stock it was stewed in, thicken, and colour it, and serve round the chicken.

### Macaroni Timbale. 181.

Boil about a quarter of a lb. of macaroni in cold water for a quarter of an hour, or till tender; let it get cold. Butter a flat tin mould, either oval or round one, to hold about a pint. Cover it all over with the macaroni; cut into rounds a quarter of an inch *thick; it must* be quite close and flat, so as

to show no tin except through the holes in the macaroni. Have ready a nice mince of veal and ham well seasoned, or beef; fill up your mould with this. Put a buttered paper over the top, and steam for three-quarters of an hour. Serve with a rich brown gravy round.

### Oysters in Batter. 182.

Take some oysters, beard them, strain the liquor, and put them to stand in it for ten minutes. Mix smoothly some batter, 2 table-spoonfuls of flour, add to it, stirring it quite smooth, a little milk and cream mixed together, beat up the yolk of an egg, and stir in with a little salt, beat the white to a froth, and add just before using; it must be as thick as very good cream. Take about a dessert-spoonful of the batter, put an oyster into the centre, and drop it into a frying-pan in which you have some boiling lard; as they are done, put them on paper before the fire to drain. The amount of batter must be increased for a dish; only the proportion required is given. If preferred, a French batter may be made with 3 table-spoonfuls of flour, a little salt, a few drops of oil or beer, and mix with tepid water very lightly, or it will get stringy, and not drop from the spoon as it should; whisk the whites of 2 eggs to a froth and stir in, then dip each oyster in. This batter should be lighter than the other.

### Chicken in Batter. 183.

Cut up the white part of a roast or boiled chicken, or any that is left on a cold chicken, into small pieces; season it well; mix it with a little white sauce, or thick cream. Add a little grated lemon peel, and warm it all together over the fire; put it into a plate to cool. Make some batter from either of the recipes given above. Take some of

the chicken mixture up in your fingers, about as large a lump as a big walnut, form it a little into shape, and dip it into the batter, then throw it into boiling lard or butter. Drain, and serve on cut paper.

### Oyster Patties. 184.

Take some fresh, or tinned, oysters, beard them, and cut up into small pieces; strain the liquor, and put the pieces back into it. Put into a saucepan about 2 oz. of butter, warm it, shaking in as much flour as it will take up, stirring well all the time, but do not allow it to brown. Next stir in 2 or 3 table-spoonfuls of the liquor from the oysters, and add as much thin cream, or good milk, as will make it the consistency of good batter. Let it simmer till quite smooth, putting to it a pinch of mace, some cayenne, and salt, if the latter is required. Add the oysters, and give them a warm through; take it off the fire and leave to cool. Have some good puff paste, cut with a round cutter, cutting another smaller round inside the large one, but only half through the paste; bake as they are, when done, take out the inner round carefully, keeping the top piece; scoop out the inside of the patty a little, put in some of the oyster mixture, place the little round of paste just over it lightly. Make them very hot, and serve. Some prefer the oysters put in whole, in which case they are better warmed through first in their own liquor, or they do not get cooked enough; but they must on no account boil, or they will be like leather. Still it is safer always to warm them through first, whichever way they are to be used, as they will keep better.

### Oysters Fried. 185.

Take 12 to 14 oysters, open them carefully, and keep the *liquor from them*, put them in a stewpan

over the fire in a little water to blanch for a few minutes (if there is enough liquor to warm them in, it is better than water); take out the oysters, keep the liquor, beard the oysters, and lay them on a sieve, then on to a cloth separately to dry. Break a fresh egg on a plate, beat well with a fork; have about a quarter of a lb. of bread crumbs, to which has been added a spoonful of chopped parsley, a little grated nutmeg, and a little pepper. Dip each oyster first in the egg, then in the bread crumbs. Put them into a small wire basket, fry for one minute in very hot lard. They may, instead of being fried, be put on to a flat plate, with some melted butter on it, in the oven for ten minutes, and then browned with a salamander.

### Curry. 186.

It is not difficult to cook a curry; one great point is, to learn to simmer slowly and very gently; then there is the mixing in the powder, and lastly the order in which all the various things should be added.

### Chicken Curry. 187.

Take a young chicken, cut it up as for a fricassée, dredge the pieces with flour, and put them on one side. Take all the pieces of chicken that can't be used for the curry, such as the neck and head, feet, pinions, bones, and any odd scraps of meat that can be spared; put all into a saucepan, with about a pint of water, an onion, and carrot cut up, a bit of celery, half a dozen peppercorns, a pinch of salt and sugar, and let it boil gently till reduced to half the quantity. Put 1 or 2 oz. of butter, according to the size of your curry, into a stewpan, with a few slices of onion, let it simmer till the onion is quite yellow-brown; then add 2 tablespoonfuls of curry powder, *or 1 of powder* and 1 of curry paste, if you have it;

stir this well round with the butter and onions, adding by degrees a wineglassful of cocoanut milk and as much of the broth (which must first be strained) as will make, after all has simmered for a quarter of an hour, a rich, thick curry gravy; put this on a cool part of your stove while you fry the chicken. Put into a frying-pan 2 oz. of butter or lard, let it fry a minute or two, then put in the pieces of chicken and fry them lightly. As soon as they are done, put them into the curry sauce, letting them lie in that for half an hour; then put your pan over a gentle fire. If there is not sauce enough to cover the chicken, add a little more of the broth, or stock from the bones, and let all simmer gently together for half an hour, or till the chicken is tender. It is better to put the cocoanut milk in when the pieces of chicken are added, instead of earlier.

### A Dry Curry. 188.

Proceed as above, but at the end take the lid off the pan, and allow it to simmer longer to reduce the gravy, stirring it constantly with a spoon, to prevent its burning.

### Curry made with Cooked Meat. 189.

Put 1 oz. of butter into a frying-pan, and a little sliced onion, add 1½ table-spoonfuls of curry powder (after the onion is browned), and a small pinch of powdered cloves or allspice; then, by degrees, as much stock as will make a thick gravy, letting it simmer all the time; take your pan off, and put in the pieces of meat; lamb, mutton, or veal are best, cut into neat pieces like dice, and free from skin or fat; let the pan stand by the side of the fire, but not even simmer for half an hour or more, stirring the meat once or twice to keep it all covered in the sauce; then put your pan near the fire, add a wine-

glass of almond water, and let all simmer gently for twenty minutes. Should the gravy become too thick, a little more stock can always be stirred in.

### Curried Mince. 190.

This may be made as above, only adding to the onions and butter a little finely-chopped apple; then mix in the powder and gravy, and lastly the minced meat, and stir all together over a slow fire for twenty minutes.

### Curried Fish or Oysters. 191.

Any fresh, cooked, or tinned fish can be curried. Take out all the bones, skin, etc., and break the fish into small, neat pieces. Put 1 to 2 oz. of butter into a saucepan, when it boils add an onion cut in very thin slices, let it fry, then stir in 1 to 2 table-spoonfuls of curry powder, according to the quantity you wish to have; make it smooth, stirring with a wooden spoon, add your stock, or, if you are short, hot water will do; whichever it is, it should be hot before it is added. Mix well, cover the pan, and let the whole boil. Grate a table-spoonful of cocoanut, chop a sour apple, add these to the gravy, let it simmer till the apple is dissolved, season with what salt is required; now put in your fish with a wine-glassful of cocoanut milk and the strained juice of half a lemon. Let this simmer gently until the fish is cooked, stirring now and again with a wooden spoon, and serve very hot. Rice boiled should be served with curry in another dish. Oysters may be curried in the same way.

### To Boil Rice for Curry. 192.

Sift and clean the rice well (about 6 oz. will make a fair-sized dish); put it into three pints of boiling water, with a pinch of sugar and a saltspoon of salt. *Stir the grains* once or twice with a spoon while

they are boiling, and in twelve or fourteen minutes try them by rubbing them between the finger and thumb. As soon as the rice is tender, throw in a cup of cold water, take the pan off the fire, and drain every drop of water from it; it is safer to drain the rice into a sieve. Wipe your pan out quite dry, and then, after shaking all the moisture from the rice, return it to the hot, dry pan, put a cloth over the top, and set it on a hot stove (but not where it can burn) until all the grains separate.

### To Boil Rice. No. 2. 193.

Wash ½ a lb. of Patna rice well in cold water, drain and pick out any bits; put it on to the fire in 2 quarts of cold water, bring it gently to the boil, stirring it at first once or twice with a wooden spoon; boil slowly for fifteen minutes, remove the scum, and throw in a teaspoonful of salt; drain on to a large sieve, and let it stand for ten to fifteen minutes in front of the fire until quite dry and every grain is separate. It should be touched as little as possible.

### To Make Cocoanut Milk. 194.

Scrape the white part of a small cocoanut, put it into a basin or jar, and pour on to it about half a pint of boiling water; cover the jar and leave to become cold, then strain for use. Cocoanut milk should be added to curries towards the last, like cream in soups.

### Almond Milk for Curry. 195.

Blanch and pound, or grate, from 2 to 3 oz. of sweet almonds, pour on to the paste a little boiling water, leave till cold, and strain. Half a coffee-cupful of this and half of cocoanut milk may be used for a change with curry, but some of either should *always be* added. The flavour of curries

may be varied by using chopped fennel, or bay leaves, apple, lemon juice, currant jelly, or a little chutney. If you have no curry paste, only the powder, you can add a saltspoonful of powdered cloves, cinnamon, or allspice if liked, or half the quantity for a small curry. If the curry powder alone does not thicken the gravy enough, a little flour or cornflour can be mixed with the powder.

### Curried Sweetbreads. 196.

Wash and soak one or two sweetbreads, put them into some boiling water with a little salt, an onion, and a bit of parsley, let them simmer for ten minutes (any pale broth is better than water); take them out, leave them to drain and get quite cold; then cut them into slices, about half an inch thick, flour them, and fry lightly. Have some good curry made, as in the recipes given above, put the slices into this, and stew gently for twenty minutes; cocoanut milk must be added with the sweetbread, or about ten minutes before serving. The sweetbread can be put to the curry plain, without frying, if preferred.

## REMARKS ON THE COOKING OF VEGETABLES.

ALL vegetables, except artichokes, which are better for being kept a day or two, should be gathered fresh; this applies, of course, to green vegetables. If they cannot be brought in straight from the garden, they should be kept in as cool a place as possible, and put into cold water for some time before using. Care should be taken to drain all vegetables well before serving, and send them up very hot. Only dried peas or beans, and Jerusalem artichokes, are put into cold water for cooking. All others, except potatoes, require plenty of fast boiling water, which should be ready salted and skimmed before they are thrown into it. All cabbages, cauliflowers, etc., should be carefully cleared from insects; put them for half an hour in a pan of strong brine with the stalks uppermost. About a $\frac{1}{4}$ of a lb. of salt to a quart of water will answer for this purpose, and if strained daily it will keep a week. To keep vegetables a good colour, they should be put into plenty of boiling water, salted, and skimmed, without a lid to the pan. To 2 quarts of water put 1 oz. of salt, $\frac{1}{2}$ a saltspoonful of carbonate of soda, or a small bit of soda the size of a small nut. Good, clear dripping answers for frying vegetables as well as lard.

### POTATO BALLS. 197.

Mash potatoes well and stiff, add salt and a little butter, make up into small balls, egg and bread-crumb well over, and fry a light brown in boiling lard *or beef dripping.*

### Potato Soufflés. 198.

Take four or six good-sized potatoes, wash and clean well, cut off a piece at one end, so that they will stand up. Roast them gently in the oven, when done cut a large enough piece off the top to get the potato out, but do not break the skin; work the potato quite smooth, and mix well with pepper, salt, and a little anchovy or chopped parsley. Take the whites of 2 eggs, and beat to a stiff froth, mix this lightly with the potatoes, return all into the skins, put them into the oven to become quite hot, serve standing up on a small dish with a cut paper under.

### Potatoes in Cases. 199.

Take 6 soufflé cases, boil and mash a few potatoes, mix with a little salt, pepper, and cream, beat up the white of an egg, add it, put all into the cases, letting it rise in a point above the top; put into the oven for a few minutes to get hot, and brown with a salamander. These do well to send in with game.

### Roasted Potatoes (Buttered). 200.

Wash and clean large mealy potatoes, roast in the oven; when done, cut the skins in two, take out all the potato, mash well with butter, salt, cream, and pepper; put the mixture back in the skins, and press the two together to look like whole potatoes, return to the oven till quite hot. Serve on a neatly folded napkin or on cut paper.

### Potato Fritters. 201.

Boil and mash some potatoes very smooth. Take 2 cupfuls of potatoes, half a cup of flour, 2 eggs beaten, a little salt, add enough good milk to make *the whole* into a thick batter. Fry brown in hot *dripping, putting* them in like fritter batter by the

spoonful. Drain well on paper before serving. These are nice for breakfast.

### Potatoes à la Russe. 202.

Cut raw potatoes about one inch and a half long and rather thicker than a straw, fry in boiling lard till brown and crisp, drain well on paper, serve in the centre of a dish of cutlets.

### Fried Potatoes. 203.

Cut raw potatoes as thin as possible into ribbons; they must be well dried in a cloth before frying. Throw them into boiling lard, brown nicely, drain well before the fire, and serve immediately piled high on a dish.

### Pomme de Terre au Jambon. 204.

Take 6 potatoes, half-boil them, drain well, cut them in slices about a quarter of an inch thick. Take equal quantities of bread crumbs and grated lean ham or tongue. Beat 2 eggs up well, dip each piece of potato into the egg, and cover thickly with the mixture of bread crumbs and ham; fry in boiling lard or butter. About 2 table-spoonfuls of bread crumbs and the same of ham will make a dish.

### Potatoes for Roast Game or Meat. 205.

Take 6 potatoes, roast in their skins in the oven, when done take out all the inside, mash smooth, and leave till cold. Put the potatoes into a mortar with a ¼ lb. of butter, a little minced parsley, shallot, pepper, and salt; beat well together, stir in well the yolks of 2 eggs and the white of one, form into oval-shaped balls, wash over with the white of egg and bread crumbs. Fry a light brown in boiling lard.

### Mashed Turnips. 206.

Boil turnips tender, drain well, pass through a hair sieve, add 2 oz. of butter, half a cup of cream, a big teaspoonful of flour mixed smooth into the cream, a little salt and pepper. Boil together for a little, put into a shape, keep it warm in the oven a few minutes, turn out, and serve hot.

### Stewed Carrots. 207.

Peel and parboil them, drain, cut into neat pieces or slices, put on the fire in a stewpan with a teacup of broth, half one of cream, a little salt, pepper, and sugar; simmer till tender. If the sauce is preferred thicker, a little butter and flour can be added. Any vegetables, such as French beans, peas, white beans, etc., can be stewed in this way, only without the sugar.

### Mashed Parsnips. 208.

Peel, and boil till quite tender in water with a little salt, drain very well. Pound in a mortar, put into a pan with a little salt, pepper, half a cupful of thin cream, with a teaspoonful of cornflour or flour mixed into it, a lump of butter about the size of a small egg; mix up well, make quite hot, and serve.

### Boiled Celery. 209.

Wash and clean 2 heads of celery, cut in half, boil till tender in milk and water, and some salt; drain off nearly all the liquid, leaving enough only to make the sauce, add 2 tablespoonfuls of cream, a bit of butter rolled in flour, a little pepper, and one bit of loaf sugar. Stew together for ten minutes, and serve.

### Ragout of Celery. 210.

*Wash* well, and boil half an hour. Take out the

celery, put it into cold water for a quarter of an hour, then strain well. Stew in good gravy with a little mushroom ketchup, salt, and pepper. Serve hot.

### Stewed Portugal Onions. 211.

Take 2 large ones, parboil them for an hour or more, putting them on in cold water; drain well; fry them brown in butter with pepper and salt, dust flour over them two or three times while frying, add some gravy or good stock, and stew till tender.

### Asparagus Boiled Plain. 212.

Wash in cold water, tie up in neat bundles, cutting the stalks even; have a saucepan of boiling water ready, put in the bundles with 2 teaspoonfuls of salt and a pinch of carbonate of soda. Boil fast for about twenty minutes, and drain directly they are done. Toast some bread nicely, lay it in your dish, untie your bundles, place them neatly on the toast, taking care to keep all the heads even in the dish. Serve hot. Melted butter is often poured over the asparagus, or served in a sauce boat. The yolk of an egg improves the sauce for this vegetable. Asparagus is often sent in as a remove after sweets, in which case it is plain boiled, and a very small quantity of pure clarified butter (not sauce, merely butter, heated to a liquid state) is handed with it.

### Asparagus à la Crême. 213.

Take a little veal, or chicken broth, boil it; while it boils throw in pieces of asparagus cut about 2 inches long, add salt and pepper, stew till tender; before serving add ½ a cup of thin cream mixed with ½ a teaspoonful of cornflour, the yolk of an egg, and a pinch of sugar; simmer, but do not boil again.

### Peas with Cream. 214.

Take a quart of young peas, put them in a pan with a little butter, parsley, mint, salt, and pepper; stew gently, giving them a shake often. When done, remove the mint and parsley, add ½ a cup of cream and serve hot. French beans can also be cooked this way, omitting the mint.

### A Mixed Vegetable. 215.

Peel an onion, slice and fry in butter, then stew in a little broth till tender; have some turnips, carrots, and celery boiled, and cut in neat pieces, put them to the onion, with salt, pepper, and a little mustard, ½ a teaspoonful of French mustard is the best for this; simmer till hot, and serve.

### Fried Cabbage. 216.

Boil the cabbage in two waters and skim well; drain very well, chop or slice it, fry in butter or good dripping with pepper and salt. Serve on a hot dish with a few slices of fried beef or ham over it. Cold boiled potatoes cut in slices can be fried the same way.

### Stewed Red Cabbage. 217.

Cut a cabbage in shreds, wash it well in salt and water, put it into a stewpan without draining it much, add pepper and a little broth, a table-spoonful of vinegar, and a small lump of butter. Stew till tender; this is good with pork chops or sausages.

### Stewed Cucumbers. 218.

Peel and core the cucumbers, cut them into neat pieces, fry in a little butter, put the fried pieces into a stewpan with a little good gravy, pepper, salt, and a teaspoonful of vinegar. Stew gently till *tender.*

### Jerusalem Artichokes. 219.

Pare and form into a nice shape; they look best cut flat and wide at the bottom and pointed at the top; put them into a saucepan of cold water, or milk and water; when half-boiled add a little salt. Take them off the instant they are quite tender, they will take from fifteen to twenty-five minutes. If allowed to stand in the water after they are done, they become black and without taste. Serve with melted butter. This vegetable can also be stewed in gravy after first parboiling them. They can also be fried. Boil for ten minutes, drain, and allow them to cool, dip each into beaten eggs, cover with fine bread crumbs, fry in boiling lard, drain, and serve, piled high on a hot dish.

### To Boil Artichokes. 220.

Soak in salt and water and wash well, cut the stalks quite close, trim off a few of the lower leaves, put them into plenty of boiling water, which has been salted and skimmed, add a $\frac{1}{4}$ of an oz. of soda, or $\frac{1}{2}$ a teaspoonful of carbonate of soda. If quite young, they will take rather over half an hour, but if full grown double that time must be allowed for boiling. Boil with the stalk end uppermost. Serve with good melted butter.

### Vegetable Marrow. 221.

This vegetable is rather tasteless. When young, it is generally boiled whole, or cut in half, the seeds removed, and served on toast with melted butter over. It may also be stewed in broth, with butter, salt, pepper, and a little vinegar added. It can also be mashed in the same way as turnips. It will take from fifteen minutes to three-quarters of an hour to cook, according to size.

### Spinach. 222.

Boil very green in plenty of water, drain well, pressing all the moisture well out; chop small, put into a clean saucepan with a slice of fresh butter, and stir until well mixed and very hot. Smooth it raised in a dish, mark it in dice, and serve. Spinach, after being boiled and chopped, may be mixed with a few spoonfuls of very rich veal gravy, a little flour being shaken over it and mixed in, a small bit of butter, and a teaspoonful of loaf sugar. Stew the whole well together, dish, and serve very hot with sippets of fried toast round; salt to taste can be added. Dressed this way, it does to send in for second course, or after sweets, to be handed alone.

### To Boil Cauliflowers. 223.

Trim off the outside leaves, cut the stems quite close; put them for an hour into plenty of cold water with a handful of salt in it, to draw out any insects, then wash, and examine them well to see that they are quite clean. Put the cauliflowers into a pan of boiling water, salted as for asparagus, and quite cleared from scum; for this, if not removed, will stick to the flowers and spoil them. When the stalks are tender they are done; drain well, and serve with melted butter.

### To Dress Beetroot. 224.

Boil two or three roots till tender, fry ½ a well-chopped onion in 2 oz. of butter until cooked but not browned, then add a teaspoonful of flour and enough cream to make a thick sauce; stir into it a little chopped parsley, pepper, salt, a teaspoonful of vinegar, and one of brown sugar; cut up the beet-root into good-sized dice, and simmer for a quarter of an hour. Gravy may be used instead of cream.

### Stewed Beetroot. 225.

Bake one or two roots in the oven till tender; when cold remove the outside skin, cut into slices, and pour a little vinegar over. Put it into a stewpan with as much gravy as will cover the beetroot. Simmer a quarter of an hour. Beat up a slice or two of beetroot in a mortar quite fine, taking out any bits; mix this with half a cup of cream, add it to the beetroot on the fire, warm up and serve. This may be eaten hot or cold.

### Piquante Mushroom Toasts. 226.

Put some mushrooms, skinned and cleaned, into a stewpan, with the juice of a lemon, a bit of butter, some pepper, salt, 2 cloves, a bit of parsley, a small green onion, and some savory, all tied up in a bit of muslin together. Put all on the fire, but not too near, and let them stew gently till nearly dry; give them a dust of flour over them, then add enough veal broth to cover them, and stew for a quarter of an hour. Take out the herbs, beat up an egg, add it to ½ a cup of cream and pour over the mushrooms; let it all thicken together. Cut some nice pieces of bread, round in shape looks best; toast and butter them; put on the mushrooms and the sauce round.

### Broiled Mushrooms. 227.

Skin the mushrooms, and cut off the stalks; put them in a Dutch oven in front of the fire, with a little butter, pepper, and salt. Serve on buttered toast. Mushrooms are also good stewed. Take a little gravy, and stew in it for ten minutes any of the stalks or parings off the mushrooms; strain and add to it about 8 mushrooms, which must previously have been fried in a little butter, or in the Dutch oven; add pepper, salt, and a little flour to thicken

the sauce, or some cream. Warm all together for a few minutes, and serve.

### Mushroom Toast. 228.

Take any broken pieces of mushrooms that have been stewed or fried, chop them up very small, add pepper, salt, butter, a little minced parsley; butter a piece of toast, lay this mixture on it, wash over with the yolk of an egg, sprinkle thickly with fine bread crumbs; bake in the oven, or brown with a salamander.

### Whole Mushrooms. 229.

Take some good-sized mushrooms that are not broken, peel, cut off the stalks, scoop out the inside with a spoon. Put this into a saucepan, with salt, pepper, butter, a few bread crumbs, 2 table-spoonfuls of cream, a little cayenne pepper, and a pinch of curry powder; stir together till hot and well mixed. Then fill the mushroom flaps with this mixture, butter the frying-pan, and gently fry for ten minutes. Serve each mushroom on a round piece of buttered toast. This is nice for breakfast.

### Tomatoes. 230.

This is a most useful vegetable, and is considered to be extremely wholesome. It can be dressed in many ways. Never scald fresh tomatoes; if not ripe enough to skin easily, pare them, or leave the skin on, and boil plain; or stew in a little gravy thickened a little; before serving, add a teaspoonful of vinegar; or roast in the oven, putting a bit of butter in the tin. They take from a quarter to half an hour, according to size.

### Tomatoes Fried. 231.

Cut up into slices, fry for ten minutes, but do not *brown*, have a mixture of bread crumbs, butter,

pepper, salt, add a little sugar and mustard, egg over each slice of tomato, then cover thickly with the mixture, return to the frying-pan, and fry crisp; or they can be cut in half, dip the cut side in flour, then in beaten egg, and roll in bread-crumbs, to which have been added chopped parsley, thyme, pepper, salt, and a pinch of sugar. Brown in a hot oven.

### Tomato Salad. 232.

Cut ripe tomatoes in rounds, sprinkle over with a little finely chopped chives, or onions, a little salt, pepper, oil, and vinegar well mixed together.

### Beetroot and Cucumber Salad. 233.

Boil two onions in two or three waters till perfectly mild, when cold cut into slices; also a cucumber and a beetroot boiled, and cut when cold. Take 2 good cabbage lettuces, wash and cut up; put first a layer of lettuce, then beetroot, onions, and cucumber, then lettuce again. Mix some salt, pepper, oil, and vinegar, taking the proportion of 1 tablespoonful of vinegar to 3 of oil, stirred well together until thick, and poured over the whole. Celery may be used instead of cucumber.

### Potato Salad. 234.

Take cold boiled potatoes, cut in slices a $\frac{1}{4}$ of an inch thick, put into a dish. Mix some chopped parsley, shallots (about 2 finely chopped), salt, pepper, a little oil, and tarragon or plain vinegar; add this to the potatoes.

### Cold Vegetable Salad. 235.

Take slices of cold boiled beetroot, potatoes, celery, a few Brussels sprouts, or any cold boiled vegetable. Serve in a salad dish with sauce over. The vegetables must be in neat slices, not broken up or mashed.

## Salad. 236.

Take 4 or 6 small lettuces, take off all the outside leaves (they must be the small cabbage lettuce), and strip from remaining ones the good part. The pieces should be from $2\frac{1}{2}$ to 3 inches long, and should be broken, not cut up; wash them, and let them stay half an hour in water; rinse in a second water, place in a napkin, and swing till dry. Take the yolks of 2 hard-boiled eggs, rub to a smooth paste, add $\frac{1}{2}$ a table-spoonful of best vinegar, 3 mustard-spoonfuls of mustard, 1 saltspoonful of salt; beat these well together, then add, by degrees, 6 table-spoonfuls of salad oil, 1 of vinegar; when thoroughly mixed, a little tarragon finely chopped, a dessert-spoonful of coarse white pepper (as pepper in powder irritates the throat). When all is well mixed, put the salad in it, and turn it over and over thoroughly till not one drop of liquid remains at the bottom of the bowl. Cut the whites of the eggs into slices, and serve on the top of the salad.

## VEGETABLES (SAVOURY).

### Potato Rissoles. 237.

Boil some potatoes, mash finely, pass through a sieve; stir in the yolks of 2 eggs, 1 oz. of butter, pepper, salt, three or four table-spoonfuls of finely minced ham, tongue, or beef, a little chopped parsley, and enough cream to make them into a stiff paste; roll into balls, egg and bread-crumb, fry in boiling lard or oil for ten minutes, drain well on paper. Serve very hot.

### Haricots Verts. 238.

Cut French beans very thin, they should be young and tender, boil, and drain well; add salt, pepper, a little good gravy, and a bit of butter; shake well over the fire. Take them off the fire, and stir in the beaten yolk of an egg and a little lemon juice. Serve very hot. The gravy can be thickened with a little cornflour, or cream can be used instead, or half and half of each.

### Stuffed Tomatoes. 239.

Any scraps of tongue, ham, game, or chicken finely minced will do for this. Cut the tomatoes in two, or cut a piece off the top of each; take out the pulp, remove the pips, mix the pulp with bread-crumbs, and the minced meat nicely seasoned; fill the skins again with the mixture, put a bit of butter on each, and bake, sprinkling a few bread crumbs over them before putting them in the oven. Or they can be *stewed in gravy* for an hour.

### Tomates Piquantes. 240.

Cut in slices, fry in butter just brown, add 1 table-spoonful of white vinegar, chili, a few drops of tarragon, 1 saltspoon of salt, and 1 of sugar; simmer twenty minutes.

### Choufleur au Fromage. 241.

Wash the cauliflower well in salt and water, take off all the green leaves, and cut the stalks so that it will stand upright on a dish. Boil tender, but not to break, drain well, butter a piece of toast, place it on your dish, putting the cauliflower to stand on it, pour a little good white sauce on the top, over this strew good Parmesan cheese, drop over it a little clarified butter, add another layer of cheese; cover the whole with very fine bread crumbs. Bake in the oven for ten minutes, or brown with the salamander. This vegetable, when cooked this way, is better boiled in a little veal broth nicely seasoned, instead of water. An egg beaten may be used instead of white sauce.

### Vegetable Marrow (French Dish). 242.

Boil a marrow tender in any white stock, cut the marrow lengthways in half, slice a bit off each to make them stand evenly on a dish; hollow the insides, leaving them only about half an inch thick, fill them with a thick rich mince of white meat, put a rich white sauce round, and a few fried bread crumbs over the meat. Warm in the oven a few minutes, and serve.

### Potato Cheese. 243.

Bake 6 large potatoes in their skins, when done cut a round piece off the top the size of half a *crown, take* out all the potato you can, but don't

break the skin. Mash the potatoes with cream, butter, salt, cayenne, add milk if necessary. Beat 2 eggs to a strong froth, to these add 3 oz. of grated cheese, and by degrees the other ingredients, put all together into a saucepan over the fire, stir until all is mixed into a thick paste. Refill the potato skins, bake a quarter of an hour in a quick oven, and serve. When done, they should rise above the top, and look brown. A small bit can be cut off the bottom of each potato to make it stand upright.

### Curried Tomatoes. 244.

Cut the tomatoes in slices, either bake or fry them lightly. Grate an apple, chop a bit of onion small, fry in hot butter till quite tender, add 2 large teaspoonfuls of curry powder, put in a few spoonfuls of good thick gravy, simmer a few minutes; add the tomatoes with a table-spoonful of cocoanut milk and a very little lemon juice. Let it be rather thick. Serve hot.

## SAUCES.

### Fish Sauce. 245.

4 table-spoonfuls of stock, a little chopped parsley, 1 teaspoonful of vinegar, a few peppercorns boiled in it for a quarter of an hour, strain through a hair sieve, thicken with a little flour and butter, a large teaspoonful of essence of anchovy and a little cayenne.

### The Parson's Fish Sauce. 246.

1 table-spoonful of sherry, 1 of Worcester sauce, 2 of water, 1 dessert-spoonful of vinegar, 1 of essence of anchovies, mix together, warm over the fire. Take a large dessert-spoonful of flour, mix it quite smooth with a little milk, add 2 ozs. of butter and add to the other ingredients, stir over the fire until quite smooth; then add ½ a teacupful of cream, a little cayenne and pounded mace; warm well, but not boil. Very good.

### White Fish Sauce. 247.

Take a teacupful of good white stock, 3 cloves, 5 white peppercorns, and 2 anchovies washed, boil twenty minutes, strain; mix 2 teaspoonfuls of flour, 2 oz. of butter, and 1 teaspoonful of mushroom ketchup quite smooth, add to the above, boil together till smooth and thick.

### Oyster Sauce. 248.

*Stew* the oysters in their own liquor till tender, *then beard* them, straining them from the liquor

Mix some butter and flour together, about 3 oz. of butter to 3 teaspoonfuls of flour; mix this smooth with the liquor, add pepper and salt, stir over the fire until thick and smooth, put in the oysters, warm well through, then before serving add a teacup of cream and a little cayenne.

### Lobster Sauce. 249.

Break a lobster carefully, cut the meat into small pieces, beat the spawn very fine in a marble mortar with a bit of butter. Put a little melted butter on the fire, add the spawn to it, also one teaspoonful of essence of anchovy, pepper, salt, cayenne, and about half a teacup of cream, mix well, simmer a little, put in the pieces of lobster, simmer again, but do not boil or it will curdle.

### Melted Butter. 250.

Put into a basin 2 teaspoonfuls of flour and a little salt, mix with it gradually and very smoothly a ¼ of a pint of cold water, put it into a small saucepan, and stir over the fire until it has boiled a couple of minutes, then add 2 oz. of butter, give the whole a boil, and serve. Another way is to put the butter into the saucepan, let it melt, and then stir in the flour, adding water or milk by degrees. This can be made much richer by putting 4 oz. of butter.

### Anchovy Sauce. 251.

To ½ a pint of good melted butter put 1½ dessert-spoonful of essence of anchovy, a pinch of powdered mace, and some cayenne pepper, warm well and serve. Some prefer this with the white melted butter. This sauce will do for either boiled or fried fish.

### Shrimp Sauce. 252.

Shell 1 pint of very fresh shrimps, mix them with ½ a pint of melted butter, to which a little anchovy essence, some mace, and cayenne have been added. Heat all together, but do not boil it after the shrimps are in. A little cream is a great improvement to any fish sauce.

### Sauce Tartare. 253.

1 saltspoonful of good cayenne pepper in very fine powder, ½ a saltspoonful of salt, 1 dessert-spoonful of pounded loaf sugar; mix well, then add 1 table-spoonful of the strained juice of a lemon, 2 table-spoonfuls of Harvey sauce, 1 tea-spoonful of mushroom ketchup, and a small wine-glass of port wine. Put all this into a jar, and place the jar in a pan of boiling water to heat the sauce. Very good to mix with other gravy, or to use with ducks or grilled bones.

### White Melted Butter. 254.

Take 1 large table-spoonful of cornflour, mix it quite smooth with nearly half a pint of milk and a little salt. Put into a clean saucepan a bit of butter the size of a walnut, let it just melt, then stir in gradually the milk and flour, but keep stirring all the time while it boils, for about five minutes. This is often preferred to the sauce made with water, and is richer and looks whiter. It may be used with fish; adding pepper, and either essence of anchovy or tarragon vinegar. If too thick, more milk can be added.

### Sauce Espagnole. 255.

Boil 2 eggs hard, chop up fine; take ½ a cup of thin cream, or good milk; add to it the beaten *raw yolk* of an egg, warm on the fire to thicken a

little. Add pepper, salt, a teaspoonful of tarragon vinegar, and the chopped eggs. Heat well, and serve.

### Parsley Sauce. 256.

Mix a dessert-spoonful of flour with a cup of milk quite smooth, melt 2 oz. of butter in a saucepan; stir in the milk, flour, and a little salt, keep stirring. Add some finely-chopped parsley, or chopped hard-boiled eggs.

### Cream Sauce. 257.

Beat 2 oz. of butter a very little, add the beaten yolks of 2 eggs, and a drop or two of lemon juice; stir over the fire till melted. Have ready ½ a pint of melted butter sauce; stir in, and give a good warm up.

### White Sauce for Chickens. 258.

Take 2 large teaspoonfuls of flour, or 3 of cornflour, mix it smoothly with a cup of milk and the beaten yolk of an egg. Put into a saucepan over the fire, stirring all the time, and add 2 oz. of butter, some pepper, mace, and salt; let it boil well till quite smooth. Before putting over the chickens, add a cup of cream; keep it warm, but don't boil again. Broth may be used for this sauce instead of milk, if made from veal or chickens.

### Celery Sauce for Veal or Chickens. 259.

Take some celery, wash well, cut up, and boil in milk and water; strain it off. Mix 3 teaspoonfuls of cornflour with a cup of milk, stir over the fire to thicken. Add 1 oz. of butter, salt and pepper; put in the pieces of celery, cut about half an inch long, and simmer gently; add 3 table-spoonfuls of cream the last thing. Double the quantity will be required for 2 chickens.

### Bread Sauce. 260.

Take the crumbs of fine stale bread, rub through a colander a small breakfast-cupful, or ½ a pint of crumbs. Then put them into a pudding basin, pour over them enough boiling milk to quite cover them. Put a small piece of onion stuck with cloves into the middle of them; cover close, and leave to stand an hour. Take out the onion and cloves, put the rest into a saucepan with a saltspoonful of pepper and salt mixed, 2 table-spoonfuls of good cream, and a bit of butter the size of a walnut. Boil ten minutes.

### Bread Sauce, No. 2. 261.

Boil a small onion, stuck with 3 cloves, in milk till quite tender, also some black peppercorns. Strain the milk on to some finely-grated bread-crumbs; cover close, and let it stand an hour. Put it into a saucepan with a little butter, salt, cayenne, and cream; simmer a quarter of an hour.

### Sauce for Mutton Chops. 262.

Take 3 table-spoonfuls of gravy, 2 of port wine, 2 of Worcester sauce or ketchup, salt, pepper, and a teaspoonful of shallot vinegar; stir till hot, pour over the chops.

### Sauce for Goose or Duck. 263.

2 teaspoonfuls of French, or made mustard, juice of half a lemon, a teacupful of gravy, some cayenne, salt, a dessert-spoonful of Worcester sauce, and 2 teaspoonfuls of port wine. Boil, and serve hot.

### Liver Sauce for Hare. 264.

Boil the liver of a hare, and chop fine, dust flour *over it* while chopping, enough to thicken the

sauce; take a teacup of good milk or thin cream, add a handful of fine bread-crumbs that have been browned in the oven, pepper, salt, a little grated nutmeg, and a teaspoonful of red currant jelly; stir all over the fire till it boils.

### Sauce Piquante. 265.

Half a teacup of gravy, 1 table-spoonful of French mustard, 2 of Worcester sauce, 2 of port wine, 1 teaspoonful of sugar, 1 each of shallot and chili vinegar. Warm gently over a slow fire, and serve over warmed game; or pieces of meat or game can be warmed in it.

### Brown Onion Sauce. 266.

Slice some onions, about 5; brown in a stewpan with butter; add ½ a pint of good stock, and stew till tender. Good with beefsteak.

### Onion Sauce. 267.

Boil 4 or 5 onions in enough water to cover them, pass them through a wire sieve; put them back in the pan, with a dessert-spoonful of flour, mixed smooth with a little milk, and butter the size of a walnut; let it come to the boil, stirring all the time. Add 2 table-spoonfuls of cream, salt and pepper to taste. A table-spoonful of cornflour mixed with ½ a pint of milk and 1 oz. of butter, boiled together over the fire; then add the pulped onions, and simmer a few minutes, is another way of making this sauce.

### Excellent Sauce for Chickens or Fish: 268.

Half a small onion chopped fine, ½ a table-spoonful of chili vinegar, ½ of common vinegar, ½ of anchovy essence, 1 table-spoonful of Harvey sauce, and 1 ditto of mushroom ketchup. Add

½ a pint of melted butter sauce; let all simmer together until it sticks to the spoon. Add a pinch of sugar, and serve.

### Hot Sauce Piquante. 269.

Boil together a table-spoonful of chopped onion, same of parsley and of mushrooms, in 1 oz. of butter for five minutes, then add ½ a pint of good stock. Add salt and cayenne, and stir in last 1 table-spoonful of vinegar. Boil a few minutes.

### Cheap White Sauce. 270.

Boil a small onion, a stick of celery, and a bunch of parsley in a pint of milk, adding white pepper and salt. Put 2 oz. of butter into a saucepan, let it melt, shake in flour until it is a paste, but do not allow it to become brown. Strain the milk, and add by degrees to the butter and flour, stirring well; then boil together, stir all the time, and boil till it is quite thick and smooth. If wanted richer, let it cool a little; beat up an egg and mix gradually; let it simmer over the fire to thicken, but do not let it boil, or it will curdle and spoil.

### Mustard Sauce for Roast Pork. 271.

Take 2 table-spoonfuls of flour, mix smooth with a little cold milk; stir over the fire, adding 2 oz. of butter, keep stirring until it boils. Then stir in 2 teaspoonfuls of made mustard, salt, and a pinch of sugar. If preferred, a teaspoonful of mustard flour may be mixed with the flour, instead of using made mustard.

### Gravy for Roast Joints. 272.

Before putting your joint to roast, flour well, and sprinkle with salt when done. After it is roasted, *pour carefully* all the fat out of the tin, leaving the

sediment at the bottom. Pour over the joint slowly, about ½ a pint of boiling water; stir well round the tin that the meat has been roasted in, pour all off into a saucepan. Add a little more salt, and boil for a moment. Place your joint on a very hot dish, and drain this over through a fine sieve.

### Cucumber Sauce. 273.

Peel some cucumbers, cut up very small. Put into a saucepan with a little broth, ½ a table-spoonful of vinegar, salt, cayenne, and a little essence of celery; or omit the salt, and use celery salt; a small bit of boiled onion may be added if liked, and a bit of butter. Stew gently till tender, rub through a sieve. Serve with mutton cutlets.

### Lord Gage's Dutch Sauce. 274.

The yolks of 2 eggs, 2 table-spoonfuls of tarragon vinegar, ¼ of a pint of cream, a small piece of butter, a little cayenne, and a blade of mace. To be all stirred together one way till it is the consistency of custard. Serve very hot.

### Chatna Sauce. 275.

2 pints of tomatoes, 2 pints of gooseberries, 2 pints apples, 1 pint red currants, ½ a lb. of stoned and chopped raisins, ¼ lb. pounded ginger, ½ a lb. moist sugar, ½ lb. salt, 2 oz. black pepper, 1½ oz. cayenne, 1½ oz. cloves, ¼ lb. of mustard seed, ¼ lb. shallots, 3 oz. garlic, 2½ quarts best vinegar. The whole to be steamed for an hour, then pounded in a mortar and rubbed through a tammy or hair sieve, then boiled again for an hour. When cold, bottle for use.

### White Roux. 276.

Put 3 oz. of butter into a saucepan over a slow fire, let it melt and then dredge flour over it, mixing

well at the same time until it comes to a paste; keep working it over the fire for a quarter of an hour, but do not let it lose its colour. It is useful to thicken soups or sauces, being more refined than milk, butter, and flour, mixed in the common way. Brown Roux may also be made by allowing the butter and flour to fry and become quite brown, then proceed as in White Roux.

### To Make Gravy when without Stock. 277.

Put a little lean beef into a stewpan, two small onions, a carrot cut up, and a bit of butter; let it stand till brown, then cover with water and stew gently till the vegetables are tender; strain and thicken with cornflour, add pepper, salt, ketchup, and, if not dark enough, a little browning.

### Browning for Colouring Gravy. 278.

Put into a saucepan a bit of butter the size of a walnut, and about $\frac{1}{4}$ of a lb. of brown sugar, let it burn until it is quite black, but not to let it harden, then add $\frac{1}{2}$ a pint of hot water, let it boil a few minutes; when cold, strain, and bottle for use. A spoonful will darken sauces or soups.

### Glaze for Ham or Tongue. 279.

Take a small quantity of solid jellied stock (if not stiff, add gelatine to the stock, about $\frac{1}{4}$ of an oz.). Set your stock over the fire, add some burnt sugar to it, and keep it simmering until it is like treacle; then glaze your meat with the warm glaze, putting it on with a brush.

### Horseradish Sauce. 280.

Half a teaspoonful of mustard and a little salt; work into it 2 table-spoonfuls of cream until quite *smooth*, 1 or 2 teaspoonfuls of vinegar, and 2 table-

spoonfuls of grated horseradish. If too thick or hot, add a little more cream. The mustard can be omitted.

### Cold Sauce Piquante. 281.

Boil 2 eggs very hard, rub the yolks through a sieve, add 1 table-spoonful of salad oil, tarragon vinegar, chili vinegar, and common vinegar, a little minced parsley and shallot, pepper, salt, a teacupful of cream; stir all well and smooth together. It is better to put the vinegar in last.

### Sauce for Cold Game. 282.

1 teaspoonful of made mustard, a saltspoonful of loaf sugar, 2 teaspoonfuls of salad oil; mix smooth. Beat the yolks of 2 eggs, add salt, pepper, and some minced parsley; mix well with the above, then add a teaspoonful of tarragon vinegar and ½ a glass of white wine.

### Mayonnaise Sauce. 283.

Boil 2 fresh eggs hard for twelve minutes, throw into cold water; let them remain till cold, then take off the shells. Take out the yolks and rub them to a quite smooth powder, add 1 small teaspoonful of flour of mustard, and ½ a saltspoon of salt; mix well. Then drop in by slow degrees, stirring all the time, 3 table-spoonfuls of salad oil, 1 or 2 teaspoonfuls of tarragon vinegar, and about a table-spoonful of common vinegar; part of the oil can be added first, then vinegar, then more oil, stirring all the time until the sauce is like smooth cream. Put it in a cool place for an hour before using. If wanted to look white, stir in about a dessert-spoonful of cold water.

### Mayonnaise Sauce, No. 2. 284.

Boil 2 eggs very hard, rub the yolks through a wire *sieve, put them* in a mortar, with half a tea-

spoonful of mustard, some salt, cayenne, and pepper. Whip up the yolk of a raw egg and mix smoothly in with the other things, then add 2 table-spoonfuls of salad oil, one of vinegar, and one of tarragon vinegar; stir all well together. Just before serving stir in a teacupful of good cream.

### Salad Mixture. 285.

2 yolks of hard-boiled eggs, rubbed very smooth with a good pinch of salt, a teaspoonful of sifted loaf sugar, a teaspoonful of flour of mustard; mix all well. Next 3 table-spoonfuls of salad oil worked in by degrees, 4 table-spoonfuls of cream; lastly 1 to 2 teaspoonfuls of vinegar. More cream can be added before the vinegar if too thick or too hot of mustard.

### Pudding Sauce. 286.

The beaten yolk of an egg, mixed with a little sugar and ½ a teacupful of cream. Stir over the fire until it thickens, then add ½ a wineglass of wine; warm it, but don't let it boil.

### Clear Wine Sauce. 287.

2 teaspoonfuls of cornflour mixed with a little cold water into a thin paste, pour it into about a quarter of a pint of boiling water, add half a wine-glass of brandy, and a dessert-spoonful of loaf sugar. Let it boil clear.

### Red Jelly Sauce. 288.

Moisten 2 teaspoonfuls of cornflour with a table-spoonful of cold milk; mix smooth and add to it a cup of boiling milk, stir in a dessert-spoonful of sifted loaf sugar, boil two or three minutes. Dissolve a quarter of a pint of cherry or red currant *jelly, stir* in off the fire until quite smooth. It *should be like* thick cream, only bright rose colour.

### Lemon Sauce. 289.

Cut the rind of a lemon very thin, boil it for three minutes in a teacup of water, stir in the juice of the lemon strained, and 2 teaspoonfuls of sifted loaf sugar; add a few drops of brandy.

### Sauce for Plum Pudding. 290.

Make a little good melted butter, either with flour or cornflour; add a teaspoonful of brown sugar, 1 wine-glass of brandy, 1 of sherry, a little grated nutmeg or rind of lemon peel. Make hot, and pour round the pudding.

### Syrup. 291.

Any syrups made from fruit are nice to put round egg or plain puddings, and more wholesome than made sauces. See Recipes Nos. 617 and 618.

### Marmalade Sauce. 292.

Take 3 table-spoonfuls of marmalade, mix with it about 2 table-spoonfuls of water and 1 of sherry. Warm over the fire; if not sweet enough, add a little sifted sugar. A few drops of lemon juice is an improvement to it.

### Remarks on Mixing Sauces.

In any sauces, cornflour can be used instead of flour. It is more easily mixed, and is softer to the taste. If flour is used, it should be mixed very carefully, and well boiled to take off the rawness. If not well mixed and carefully stirred while boiling, any sauce will become lumpy. There is a great art in mixing sauces: a cook should be very careful to see they are nicely flavoured, as even an extra pinch of pepper or salt will often make a difference.

## PUDDINGS.

### Plum Pudding. 293.

1 lb. bread crumbs, 1 lb. currants, ½ lb. very finely minced suet, ½ lb. sugar, half a nutmeg, 1 lb. stoned raisins, 2 oz. candied peel, 1 dessert-spoonful of ginger, 3 eggs. No milk or wine. Mix all well together and put into buttered moulds or basins; tie down tight. Boil for four hours first. These puddings (for this quantity will make three or four) are better made before they are wanted; they will keep nearly a year in a dry place; when wanted, they should be put into boiling water, and boiled again for one and a half to two hours longer.

### Plum Pudding, No. 2. 294.

1 lb. of finely chopped suet, 1 lb. of currants, 1 lb. of raisins stoned, ½ lb. of sugar, ½ lb. of bread crumbs, ¾ lb. of flour, 2 oz. of citron, 2 oz. of orange peel, half a grated nutmeg, a little mixed spice, a salt-spoonful of salt, 4 eggs, a cup of milk, a wine-glass of brandy. Mix well, boil seven hours in buttered tins or basins, with a clean cloth tied over the top. Be sure your water is boiling when you put your puddings in. These puddings will keep some weeks. All moulds or basins for boiled puddings must be quite filled, or water gets in and spoils the puddings.

### Plum Pudding, No. 3. 295.

3 lbs. of raisins stoned and of currants, moist *sugar, beef* suet, and bread crumbs. 2½ lbs. mixed *peel, 2½ lbs.* sultanas, 16 fresh eggs, 2 pints of best

brandy (brown), 4 glasses of sherry, rind of 4 lemons grated on to loaf sugar, 1 nutmeg, 2 teaspoonfuls of lemon juice. Mix the raisins and finely-shred suet first, stir well, then the currants, stir again, bread crumbs, stir, strew the nutmeg well over all, put the sugar, on which the lemons were rubbed, into the sherry, add that and all except the eggs and brandy. Beat the eggs a little, then add, and stir twenty minutes; last the brandy, stir again twenty minutes. Boil eight hours, put into quite boiling water, and kept boiling all the time. Very rich and good.

### Cambridge Pudding. 296.

Line a pie-dish with rich puff paste, lay over the bottom. 1 oz. each of candied orange, lemon, and citron, cut in thin slices. Warm 6 oz. of butter, and 6 oz. of sifted sugar, and the yolks of 4 eggs beaten together over the fire; stir well till it boils. Pour over the sweetmeat, and bake three-quarters of an hour in a slow oven. Preserve can be used if preferred to citron.

### Brown Bread Pudding. 297.

$\frac{1}{2}$ lb. brown bread crumbs, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sifted sugar, 4 eggs. Beat the butter to a cream, add the sugar, then the yolks of eggs and bread crumbs, beat well; beat the whites, and add. Bake in a moderate oven half an hour. Melt currant jelly and pour over just before serving.

### Very Light Plum Pudding. 298.

Mix 4 oz. of bread crumbs, 3 oz. of finely chopped suet, and 4 oz. of sultana raisins, 2 oz. of moist sugar, 2 eggs well beaten, 1 table-spoonful of milk, a pinch of salt, and nutmeg. Mix well, let it stand two hours, stir well, and boil in a buttered mould *for three hours.*

### KATIE'S PUDDING. 299.

Half a lb. of finely shred suet, ½ lb. of flour, 3 oz. of moist sugar, ½ lb. of currants or stoned raisins, a pinch of salt, 2 eggs well beaten, and a small cup of milk. Mix well, bake in a buttered pie-dish for an hour, turn out, and serve. Half this quantity will make a small pudding. One teaspoonful of Borwick's baking powder, put into the flour, improves this pudding. It is also good boiled.

### LEMON PUDDING. 300.

Half a lb. of fine suet, ½ lb. of bread crumbs, ¼ lb. of sugar, the juice and finely grated rind of one lemon, 1 egg beaten. Mix well. Butter a mould, and boil an hour; serve with lemon sauce. This quantity will make five or six small puddings. Bake in buttered tins for half an hour, and serve with marmalade sauce; some like them better than the boiled pudding.

### HONITON SPONGE PUDDING. 301.

Take 3 eggs, allow their weight, in the shell, in butter, flour, and pounded loaf sugar; add the finely grated rind of a lemon. Beat the butter to a cream, beat the eggs well, add the butter, sugar, and lastly the flour, beating all the time. Butter a mould, cover the bottom with sultana raisins, put in your pudding, tie a clean cloth over, put it in a pan of boiling water, and boil two hours. Serve with melted red currant jelly.

### WYNN PUDDING. 302.

Half a lb. of suet finely chopped, ½ a lb. of bread crumbs, 4 oz. of orange marmalade, ½ a lb. of *pounded* loaf sugar; mix well, beat 3 eggs, add *them* with half a wine-glass of wine or brandy. *Butter* a mould well, put dried cherries in a pattern

at the bottom and round, then the pudding, tie over with a cloth and put into boiling water, boil two and a half hours. Serve with lemon or wine sauce.

### Marmalade Pudding. 303.

Take a table-spoonful of flour, mix with it, quite smooth, half a teacup of milk, add 2 oz. of loaf sugar, put all in a saucepan on the fire, and stir till it boils. Take ½ a lb. of marmalade, take out the largest chips, mix the rest with the beaten yolks of 4 eggs, and add to the milk; beat up the whites of 3 eggs, stir them in with the rest, let it thicken a little, but not boil. Butter a mould, put the chips you kept back all over it, pour in the pudding; steam one hour and a half.

### Potato Pudding. 304.

Boil a ¼ of a lb. of good mealy potatoes, strain and dry well, mash fine while warm, beat in 2 oz. of butter, a ¼ of a lb. of moist sugar, ¼ of a lb. of currants, ¼ of a lb. of stoned raisins, 2 eggs, a pinch of salt, a little nutmeg grated, and a table-spoonful of brandy. It can be baked in a buttered pie-dish for an hour with a paste round the edge of the dish.

### Bakewell Pudding. 305.

Beat the yolks of 4 eggs and the whites of 2, add a ¼ of a lb. of loaf sugar, 2 oz. of melted butter, and ½ a teacupful of thin cream, about 2 bitter and 6 sweet almonds, blanched and pounded fine; the cream and butter should be warmed before adding to the eggs. Line a dish with good puff paste, lay in a thick layer of apricots or dried cherries, and preserved pine cut in pieces, pour the mixture gently over, and bake in a slow oven; when it is *quite set, put more* preserve carefully on the top, *beat the other 2 whites* of eggs to a stiff froth, lay

it over all, return it to the oven just to brown and set the eggs. It is best baked in a round white dish, as it will not turn out. Very good cold.

### Riz en Gâteau. 306.

2 table-spoonfuls of Carolina rice, a little cinnamon and lemon peel, 1 pint of milk, boiled together till all the milk is dried up; take out the peel and pieces of cinnamon, add the yolks of 2 eggs and 1 white all beaten, 2 oz. of loaf sugar, and ¼ lb. of sultana raisins. Butter a mould, shake fine bread crumbs all over it, put in the rice, and bake one hour. Serve with wine sauce.

### Cold Ground Rice Puddings. 307.

Take 2 oz. of ground rice, 1 pint of milk, 2 bitter and 3 sweet almonds blanched and crushed, 2 oz. of loaf sugar; mix the rice with a little of the milk first, then set the milk and almonds on the fire; when it nearly boils stir in the rest of the milk and the rice; let all boil till quite thick, add the yolk of 1 egg beaten; dip some cups in cold water, pour in the mixture, and leave to get cold. Turn out, and serve with good custard round; a little raspberry preserve can be put on the top of each pudding. Essence of almonds can be added, if the bitter almonds do not give flavour enough.

### Royal Nursery Puddings. 308.

Pour boiling milk on fine white bread sliced, beat it up with the yolks of 3 and the whites of 2 eggs, both well beaten first, add a little sugar and nutmeg, or any flavouring; half fill small cups and bake.

### Rice and Apples. 309.

*Boil 6 oz.* of rice with a stick of cinnamon in milk, *until it is* quite thick. Pare 10 small apples, scoop

out the core, and fill with raspberry jam. Put a good short paste round a dish, put in the apples, fill up between and over them with the rice, and some sugar sprinkled over the apples first. Brush the whole over with the yolk of an egg, sift pounded loaf sugar thickly on the top, bake for an hour in a hot oven.

### Custard Cake Pudding. 310.

Butter a mould thick, put dried cherries round, take some pieces of sponge cake dipped in wine, but not wet, place them lightly in the mould, with a little apricot preserve between them, half fill the mould with this. Make a custard with 3 yolks and 2 whites of eggs, ½ a pint of milk, loaf sugar, and essence of almonds to taste, fill up the mould with this; put a buttered paper over, then a floured cloth, tie tight, and put into boiling water; boil an hour. Serve hot with brandy sauce, or cold with custard.

### Brandy Pudding. 311.

Line a buttered mould with sultana raisins, then thin slices of French roll, or fine bread made with milk, next some ratafias or macaroons, then some dried cherries, repeat till the mould is full, sprinkling in at the same time 2 wine-glasses of brandy. Beat up 3 eggs, a cup of milk, a little sugar and nutmeg, and add. Let the liquid sink into the solid part; when all is soaked in put it in the oven, and bake three-quarters of an hour. Serve with sweet sauce.

### Lemon Cup Puddings. 312.

The yolks of 3 eggs, the whites of 2, the grated rind and juice of 1 lemon, 3 oz. of loaf sugar, 2 sweet dry biscuits grated, 1 tablespoonful of brandy. Beat all well together, add a teacupful of cream, and 1 oz. of butter melted; butter small cups, fill, and bake half an hour in a quick oven.

### Macaroni Pudding. 313.

Put 2 oz. of macaroni in a pint of milk, with a little lemon peel and sugar, into a saucepan over the fire; simmer till soft, add the whole of 2 eggs beaten, a little nutmeg, and cream. Line a dish with puff paste, bake half an hour in a quick oven.

### Castle Puddings. 314.

Take 3 eggs, the weight of 2 in butter, sifted loaf sugar, and fine flour. Beat the butter to a cream, add the eggs well beaten, next the sugar, and the flour last, beating all the time. Butter small cups, fill three parts full, bake half an hour in a moderate oven. Turn out, serve with lemon or brandy sauce. Less sugar can be used if liked less sweet. Half a teaspoonful of Borwick's baking powder should be mixed in the flour.

### Charlotte Russe. 315.

Put $\frac{3}{4}$ of an oz. of gelatine or isinglass into a little new milk to soak for two hours. Take the yolks of 8 fresh eggs, beat them, add to them a pint of good cream, 6 oz. of sifted sugar, a little vanilla essence, stir all well together, put into a clean saucepan, and set it over the fire; keep stirring it until it becomes quite hot and thick; do not let it boil, or it will curdle. When it is quite hot put in the gelatine, stir until it is dissolved; take it off the fire, and pass it through a sieve. Take a round or flat oval mould, butter it slightly, stick it round with finger sponge cakes. When the cream is nearly cold, pour it into the centre. This can be iced if liked; other flavouring, such as almonds, etc., can be used.

### Méringue de Riz. 316.

Boil a $\frac{1}{4}$ of a lb. of rice with a pint of milk, 1 oz. *of butter*, 2 oz. of sugar, and half the peel of 1

lemon grated; let it boil stiff. Put it round a white pudding dish, put into the centre stewed plums, apricots, apples, or preserve, pour custard over. Beat the whites of 2 eggs to a very stiff froth, put them over the whole, sprinkle with loaf sugar, and put it in the oven until it is a nice brown.

### Baked Lemon Pudding. 317.

Beat 3 eggs, add to them a ¼ of a lb. of sifted sugar, 6 oz. of butter melted, the grated rind and juice of 1 lemon. Beat together, line a dish with puff paste, stir up the mixture, and put it into it. Bake at once in a hot oven.

### Ginger Pudding. 318.

Take 6 sponge cakes, soak them in ½ a pint of cream or milk, the yolks of 4 eggs beaten, 6 oz. of preserved ginger cut in small pieces, 1 small spoonful of the syrup, and 1 oz. of melted butter; mix well, pour into a buttered mould, and boil three-quarters of an hour; or line a dish with puff paste and bake. Pineapple pudding can be made the same way, and served with custard or wine sauce.

### Apricot Pudding. 319.

Take 10 apricots, put them on the fire with 4 oz. of loaf sugar, simmer till tender. Pour on to the grated crumb of a penny loaf a pint of cream quite hot, when cool add the yolks of 4 eggs and a glass of sherry. Beat up the apricots, taking out the stones, and add to them the above. Line a round white dish with puff paste, put in the mixture, and bake three-quarters of an hour; beat up the whites of the eggs to a stiff froth just before you take your pudding from the oven, pile them on the top and brown slightly. This pudding is good cold or hot. It should bake slowly.

### Apple Custard Pudding. 320.

Stew 6 large apples, after peeling and coring, till tender, pass them through a sieve. Take about ½ a lb. of the pulp, add 2 oz. of sugar, 6 oz. of butter melted, the yolks of 4 and the whites of 2 eggs; beat all very light, and add the finely-grated rind of a lemon. Bake in a moderate oven for half an hour.

### Rice Lemon Pudding. 321.

Stew a ¼ of a lb. of good rice till tender in a pint of milk, add 2 oz. of butter, 2 oz. of loaf sugar, the yolk of 1 egg, and the grated rind of a lemon; mix well, put into a pudding-dish, and bake slowly for nearly an hour. Beat up the white of the egg, and put it on the top of the pudding when it is three-parts done. Sprinkle white sugar over. If required richer, more eggs and butter can be added, and rather less milk.

### Dandy Pudding. 322.

4 oz. of flour, 4 of chopped suet, stoned raisins, and currants, 2 table-spoonfuls of golden syrup treacle; mix well, and add half a teacupful of milk. Boil four or five hours.

### Swiss Pudding. 323.

Soak ½ an oz. of Nelson's gelatine in a little cold milk for two hours. Boil ½ a pint of milk, pour it quite boiling over the gelatine, stir till dissolved. Add ½ a pint of thin cream, the yolks of 2 eggs, a tablespoonful of loaf sugar, and essence of almonds to taste. Stir all over the fire till it thickens, then let it get nearly cold. Put a tin or china mould in water (cold), shake the wet well out, cover the bottom of the mould with some of the mixture, then *put in* some pieces of sponge cake a little wet with

wine, and some apricot preserve, but keep them more to the centre, keep filling up all the holes with the nearly cold custard, having a fair amount of cake in the middle; cover the whole with the custard, leave it to set or ice it. Turn out. Very good.

### Swedish Pudding. 324.

5 oz. of flour, 5 of ground rice, 4 oz. of moist sugar, currants, raisins stoned, 6 oz. of finely grated suet, 1 small teaspoonful of carbonate of soda dissolved in a large cup of warm milk. Mix well together, boil in a buttered mould for three hours. Serve with wine sauce.

### Regent Pudding. 325.

3 oz. of flour, bread crumbs, currants, raisins, moist sugar, and grated cocoanut; 4 oz. of suet chopped fine, 2 eggs beaten, ½ a cup of milk; beat all together for ten minutes, put into a buttered mould, boil fast for three hours, and serve with rum sauce.

### Prince Pudding. 326.

Blanch 6 bitter and 12 sweet almonds, boil them for twenty minutes in a teacupful of new milk, then pound them to a paste. When the milk is nearly cold add four well-beaten fresh eggs, a teacupful of cream, and 2 table-spoonfuls of brandy. Rub 6 oz. of stale sponge cake to crumbs, add 2 oz. of sifted sugar; mix all together and beat for ten minutes. Butter a mould, stick it round in patterns with sultana raisins, pour in the mixture, tie buttered paper over, and steam it fast for one hour and a half. Turn out carefully and serve with cherry syrup round. This is very good cold; it may be iced and served with custard.

### College Puddings. 327.

2 cups of bread crumbs, 1 cup of currants, 1 cup of suet cut very fine, 2 eggs beaten and a little moist sugar. Bake in cups, turn out, and serve with wine sauce round.

### Brandy Balls. 328.

2 oz. of suet finely chopped, 2 oz. of currants, 4 oz. of bread crumbs, mix well; beat 2 eggs, add a little moist sugar and brandy; mix with the above until the right consistency to roll into small balls. Fry a light brown, and serve piled up high on a dish with cut paper under; sift loaf sugar over. They can be rolled in flour before frying.

### Buttermilk Puddings. 329.

1 pint of hot milk, add as much buttermilk as will turn it; rub it through a hair sieve, after draining the whey from it add a handful of bread crumbs and the grated rind of 1 lemon. Boil ½ a pint of cream and pour over it, let it cool, then add the yolks of 2 and the white of 1 egg, a little sugar, and the juice of a lemon. Bake in buttered cups twenty minutes.

### Cup Puddings. 330.

Soak the crumb of a penny loaf in a pint of new milk, add 2 oz. of butter melted, 3 eggs beaten, a ¼ of an oz. of bitter almonds, blanched and pounded, and a little loaf sugar; butter small cups, fill three parts full, and bake a quarter of an hour. This will make six puddings.

### Small Rice Puddings. 331.

Put 2 large table-spoonfuls of Carolina rice into ½ a pint of milk to simmer over the fire till soft; add *2 oz. of butter* and nearly half a pint of good cream,

simmer for five minutes, then set it to cool. When nearly cold, add 3 yolks and 2 whites of eggs beaten well, sugar to taste, a little nutmeg and cinnamon. Butter little cups, fill three parts full, putting at the bottom a little citron, or dried cherries; bake three-quarters of an hour in a slowish oven, serve with wine sauce.

### Bread-and-butter Pudding. 332.

Butter a pie-dish well, sprinkle currants or sultana raisins over, cut very thin slices of bread and butter, lay one layer in lightly, repeat the fruit and another layer of bread and butter. Beat up 2 eggs well, add to them enough milk to fill your dish and a little moist sugar and grated nutmeg. Pour in by degrees, so that the bread may absorb the mixture. Bake slowly for three-quarters of an hour; one egg will do for a small pudding. Turn out and serve.

### Marmalade Bread-and-butter Pudding. 333.

Butter your dish as above, then put in the bread and butter, next the marmalade, again bread and butter and marmalade, and finish as the other bread and butter pudding, only omit the nutmeg and sugar.

### Fig Pudding. 334.

Take ¾ of a lb. of bread crumbs and 6 oz. of finely chopped suet, mix together, add ½ a lb of chopped figs, 3 oz. of moist sugar, 2 eggs beaten, and half a cup of milk. Boil five hours.

### Bread-crumb Puddings. 335.

Take ½ a pint of bread crumbs, cover them with boiling milk, let them remain covered for half an hour, add a little sugar, and nutmeg if liked; beat up 2 eggs, stir well in; bake in a pudding-dish half an hour, or in cups.

### Batter Pudding. 336.

6 oz. of flour, 2 eggs well beaten, a little salt, add ½ a pint of milk; it should be like thick cream. Bake an hour, or boil for two hours in a buttered basin with a cloth over. Yorkshire pudding may made the same way only poured into a flat tin and baked under a joint of meat.

### Custard Pudding. 337.

Take the yolks of 2 and the white of 1 egg, beat well, add a little sugar, and by degrees stir in rather more than ½ a pint of milk, put it into a buttered tin mould, a plain oval one is best, steam it for half an hour. Turn out and pour fruit syrup round. This pudding can be baked, a nice short crust being put round the pie-dish for this purpose. They are good either cold or hot, and are very nice for an invalid.

### Dutch Plum Balls. 338.

A ¼ of a lb. of flour, 2 oz. of suet, same of currants, stoned raisins and sugar, a little grated lemon peel, 1 oz. of bread crumbs, mix rather stiff with 1 egg and a little milk; make them up into balls and drop them into boiling water; boil twenty minutes; serve with sweet sauce with a little wine in it.

### Adelaide Pudding. 339.

Take a ¼ of a pound of macaroons, a ¼ of a lb. of ratafia, 4 small sponge cakes (1*d.* ones), the yolks of 5 eggs, ½ a pint of milk and cream mixed, and ½ a glass of brandy. Soak the cakes in the brandy or cream, then mix in the eggs and the other things, adding a small spoonful of sifted sugar and a few drops of essence of almonds. Butter a mould, stick it all over with dried cherries, or sultana raisins, pour in the mixture, put a buttered paper at

the top; place it in a stewpan of water and let it simmer for nearly two hours. Serve with clear wine sauce. Good cold. Half will make a small pudding.

### Madeira Pound Pudding. 340.

Half a lb. of sugar, ½ a lb. of butter beaten to a cream, 4 eggs well beaten, ½ a lb. of fine flour, ¼ of a lb. of currants, or sultanas, 2 oz. of orange and lemon peel cut very thin, some essence of vanilla; mix well, beat ten minutes, boil in a buttered mould two hours and a half.

### Cabinet Pudding. 341.

Butter a china mould, stick it over with raisins or cherries, then with Savoy sponge biscuits. Take the yolks of 5 eggs, the whites of 3, beat them well, add ½ a pint of cream, a pinch of salt, a tablespoonful of pounded loaf sugar, and a dessertspoonful of brandy. Beat up a little, pour gently into the mould, and steam for over an hour. This pudding is good hot or cold.

### Hurry Scurry Pudding. 342.

Cut a stale French loaf in thin slices about half an inch thick, soak in milk flavoured with vanilla, strain and fry bright gold in butter; put apricot or greengage preserve on each piece, and serve piled high.

### Almond Puddings. 343.

3 oz. of ground rice, stew till quite done in a pint of milk, leave till cold, then add 3 oz. of butter melted, 4 oz. of sifted loaf sugar, add the yolks of 2 and the white of 1 well-beaten egg, a few well pounded bitter almonds; bake in cups. Turn out and stick with cut sweet almonds. Serve with *sweet wine sauce*, or melted red currant jelly.

### Cocoanut Pudding. 344.

Take a cocoanut, wash and clean, wipe dry, and grate fine. Put ½ a lb. of loaf sugar on the fire, with 2 table-spoonfuls of water until the sugar is melted, then add the cocoanut and boil. Take off the fire, and when a little cool add the beaten yolks of 2 eggs, a piece of butter the size of a walnut, and some vanilla essence. Line a dish with paste, pour in the mixture, sift sugar over, and bake.

### Apple Pudding. 345.

Peel and core 12 good apples, stew them till tender with a very little water, 1 or 2 cloves, and a little lemon peel, rub through a hair sieve, and sweeten with moist sugar; add the beaten yolks of 2, and the white of 1 egg, 2 ozs. of good butter, the juice, and grated rind of a lemon, bake or boil half an hour, serve with whipped cream.

### Apple Compôte. 346.

Prepare apples as above, add the sugar, and grated rind and juice of a lemon; butter a large tin pattypan, line it with puff paste, put a dry crust of bread in the middle while it bakes, take out the crust, and put in the apple, put thick custard or whipped cream on the top when serving it. This is good hot or cold.

### Marmalade Compôte. 347.

Melt 2 oz. of butter, add 2 oz. of sugar and the beaten yolks of 4 eggs, beat till the mixture turns nearly white. Line a pattypan with puff paste. Spread orange marmalade thickly over it, then pour over the other ingredients, bake three-quarters of an hour in a moderate oven. Pine-apple or apricot *tart can* be made the same way. Also good without *the paste.*

### Paradise Pudding. 348.

2 eggs, 3 apples, a ¼ of a lb. of bread crumbs, 3 oz. of moist sugar, 3 oz. of currants, a little salt and grated nutmeg, the grated rind of ½ a lemon, ½ a wineglass of brandy. Pare, core, and mince the apples, mix with them the other dry ingredients; beat up the eggs, moisten the mixture with them, beat well, stir in the brandy, put all into a buttered mould, tie down with a cloth, and boil one hour and a half.

### Apple Marmalade Pudding. 349.

Warm a pint of milk, pour it on to 5 oz. of bread crumbs, beat up; mix in 1 oz. of butter, 2 oz. of moist sugar, 2 oz. of currants, a table-spoonful of the apple marmalade, and 2 eggs well beaten. Butter a mould, pour in the mixture, tie a cloth over. Boil one hour and a half. Orange marmalade can be used instead of apple.

### Queen Mab's Pudding. 350.

1 pint of milk, 8 bitter almonds, the rind of a lemon, 1 oz. of Nelson's gelatine, 4 oz. of loaf sugar sifted, ½ pint of cream, 6 eggs, 2 oz. citron, 2 of dried cherries. Take the gelatine, just cover it with cold milk, let it stand two hours. Blanch and bruise the almonds, cut the rind of the lemon very thin, put it with the almonds into the milk, heat it slowly by the side of the fire, keep it at boiling point until it is strongly flavoured, add a small pinch of salt, and strain the milk boiling hot over the gelatine. Stir until quite dissolved; put it on the fire again with the sugar and cream, and stir in by degrees the beaten yolks of the eggs; let it thicken gently like custard, but be careful it does not boil, or it will curdle; stir it constantly, when thick enough, *pour it out and continue* to stir until it is half cold;

mix next the citron, cut in pieces, and the cherries with it. Pour into a mould that has been dipped in cold water; leave it to set, serve cold. Preserved ginger, or pine, may be used instead of cherries.

### Friar's Omelette. 351.

Pare and core some apples as if for sauce, put them on the fire to stew with a ¼ of a lb. of moist sugar, some grated lemon peel and a little of the juice; beat up quite smooth, and when nearly cold add the yolks of 2 eggs and 2 oz. of butter. Take some fine bread crumbs, butter a pudding dish or tin mould well all over, and shake the bread crumbs thickly over it, put in the apple mixture, cover with more bread crumbs. Bake half an hour, turn out and serve. This can be made without the butter and eggs.

### Apple Charlotte. 352.

Prepare apples as for Friar's Omelette, only add another yolk of an egg, and a little more butter. Take a plain mould, butter it well, cut pieces of bread thin, and dip them into butter which has been melted, arrange them neatly in your mould; they may be cut in long fingers, or in rounds and rest one on the other; pour in the apple mixture, cover with bread dipped in the butter, and bake three-quarters of an hour. Apricot can be mixed with the apples if liked.

### Custard Preserve Pudding. 353.

Line a dish with puff paste, lay a stiff jam at the bottom and cover with a custard, made of 2 table-spoonfuls of cornflour boiled in a pint of milk; *when nearly* cold beat up the yolks of 2 eggs and *add to it,* put in a little essence of almonds and

sugar to taste, pour over the preserve and bake in a moderate oven. This can be made without the paste.

### French Pancakes. 354.

Half a pint of thin cream or good milk, a teaspoonful of flour, and 1 of sifted sugar, 3 eggs, the whites and yolks beaten separately; mix the flour and sugar smooth with the milk, then add the eggs, beat all together. Bake in a quick oven in 3 large saucers, turn out carefully, put apricot or other preserve between each, and pile them over the other on a dish.

### French Pancake, No. 2. 355.

Take 3 eggs, beat the whites to a snow, 2 dessert-spoonfuls of flour, mix smooth with a dessert-spoonful of cream, add one of sifted sugar, beat in the yolks of the eggs, then the whites. Fry in butter or lard, a light brown; spread preserve over it, fold it across and serve.

### Pancakes. 356.

Take ½ a pint of milk, mix with it very smoothly 6 oz. of flour, make it the thickness of good cream, add 2 eggs beaten slightly, and a pinch of salt. It will make the pancakes lighter if the whites of the eggs are beaten separately, and added last thing. Have a good fire, put a bit of fresh butter or lard into a frying-pan, when it froths put in ¾ of a teacupful of the batter, shake the pan, loosen the batter round the edge with a knife, if nicely browned toss it over, and do it the same on the other side; cut them in two, sprinkle sugar over and roll them lightly. Serve on a hot dish, cook as many as you require the same way. Serve pieces of orange, and lemon, neatly cut, to be handed with them. Sprinkle loaf sugar over the pancakes. They must be very thin.

### Rice Pancakes. 357.

Boil ½ lb. of rice in milk till tender, pound it in a mortar with a little sugar, grated rind of lemon, and cream, add 3 eggs well beaten, and a few currants if liked: mix and fry as above.

### Sweet Omelette. 358.

3 eggs, ¼ of a pint of cream, small pinch of salt, 2 table-spoonfuls of sifted sugar. Separate the whites from the yolks of the eggs, take out any specks; beat the whites to a stiff froth · beat up the yolks, add to them the cream, sugar, etc., then beat in the whites. Have your omelette-pan ready with 2 oz. of butter melted in it. Pour in the mixture, stir a little until it begins to set; when it has risen nicely, put the pan in the oven for about five minutes to set. The omelette-pan should be small, or a very small frying-pan should be used, as the omelette must not be thin. Omelettes must never be turned in the pan; if not browned enough, a hot salamander can be held over them. They should be served very quickly with preserve over half, and the other side turned over it, like a turnover. Some people use only eggs, no cream; in this case, 4 or 6 are required, according to the size of the omelette.

### Apple Fritters. 359.

Make your batter the same as for pancakes, only half the quantity will be enough. Pare and cut your apples in slices. Dip the slices of apple into the batter, have ready some boiling lard, drop your pieces in, and fry a nice brown, but not hard; drain very well, serve in a ring on paper in a glass dish, and sift sugar over. The batter may be made richer by using more eggs, and cream instead of milk. *Oranges* or any other fruit can be used in this way;

but all fruit fritters require to be well drained and dried from the lard before being served.

### Apple Soufflé. 360.

Stew 4 or 5 large apples, after peeling and coring them; beat them up quite smooth; take 1 dessert-spoonful of cornflour, mix smooth with a cup of milk, thicken it a little over the fire, add to it 3 oz. of loaf sugar, 2 oz. of butter, and mix lightly together; when a little cool, stir in the yolks of 3 eggs, put it over the fire again, and stir until it begins to thicken; add lemon or vanilla flavouring. Take a white pie-dish, spread the apples thickly at the bottom, pour the mixture gently over them, and put it into the oven until it sets. Beat up the whites of the eggs to a strong froth, put them on the top of the soufflé, brown in the oven, and serve at once.

### Soufflé. 361.

Mix a dessert-spoonful of cornflour smoothly into a teacupful of cream, add 2 oz. of butter, and stir over the fire until thick; add the yolks of 3 eggs and any flavouring you like, a teacupful of good milk, and sugar to taste; mix well, beat the whites of the 3 eggs, and add. Bake in a shallow dish or tin for half an hour or rather more. Serve at once. Soufflés require care in baking and in beating the eggs well, the lightness of them depending much on these points. They must always be served the moment they are taken from the oven, or they will fall. Any preserve may be put at the bottom of the dish before the soufflé is put in, and baked with it, instead of plain.

### Rice and Apple Soufflé. 362.

Boil 2 table-spoonfuls of rice in half a pint of milk, *add, when soft,* the yolks of 2 eggs, and sugar

to taste. Make a wall of it round the dish. Stew some pared and cored apples until soft, fill the centre of the dish with them, fill any holes up with preserve or jelly; cover the whole with the whites of the eggs beaten to a stiff froth and sprinkled thick with pounded sugar. Brown in the oven and serve with cream.

### Curaçoa Soufflé. 363.

2 beaten yolks of eggs, 2 table-spoonfuls of flour, 1 of curaçoa, mix all together quite smooth, stir in 2 table-spoonfuls of sifted sugar, and ½ a pint of cream. Beat up the whites of 2 eggs to a froth, and stir in. This may be baked in a soufflé dish or in paper cases. Cornflour is better than flour for this.

### Rice Soufflé. 364.

Take 2 oz. of fine ground rice, mix well with a pint of milk, boil it till thick, stirring constantly. Mix in the yolks of 4 eggs, 4 oz. of loaf sugar, and a little grated lemon peel. Beat up 4 whites of eggs to a strong froth, and add them. Bake in a soufflé mould. If preferred, this can be flavoured with almonds or vanilla.

### Chocolate Soufflé. 365.

Take a good dessert-spoonful of cornflour, mix smooth with a ¼ of a pint of milk, add 2 oz. of loaf sugar and 2 oz. of butter, stir over the fire until it boils, let it cool; then stir in the yolks of 3 eggs and 1 oz. of chocolate. Mix very smooth, beat up the whites of the eggs to a stiff froth, stir in, put into a dish, bake from thirty-five to forty minutes in a slow oven.

### Rhubarb Mould. 366.

*1 quart* of red rhubarb cut in pieces, put into a

saucepan with a lid; let it boil till it is in a pulp. Soak ½ an ounce of gelatine in cold water, pour on to it just enough boiling water to dissolve it, add it to the rhubarb with 1 lb. of sifted sugar; let it boil fifteen minutes; add a few drops of Nelson's essence of lemon, butter a mould, and pour in the rhubarb. Next day, dip the mould in hot water, and turn the rhubarb out on a glass dish. Serve with a custard made with the yolks of 2 eggs stirred into ½ a pint of milk, about 4 or 5 lumps of loaf sugar; simmer till thick, add essence of vanilla or almonds.

### Rhubarb Compôte. 367.

Prepare rhubarb as above, leave out the gelatine, put it into a round, shallow pie-dish; beat the 2 whites of eggs left from the custard to a stiff froth, adding a ¼ of a lb. of sifted loaf sugar as you beat, lay it on the top of the rhubarb, and bake a pale brown. 2 oz. of sifted sugar will make it stiff enough to bake.

## PASTRY, PIES, ETC.

ALL pastry is better made in a cool place, and everything should be perfectly clean and sweet. A cook should wash her hands in hot water and wipe them very dry before she begins her pastry. Many cooks and housekeepers think that pastry can only be made with butter; this is a mistake, for even very good puff pastry, such as is used for mince pies, patties, etc., can be made with good sweet lard. Beef dripping also makes very good common pastry; it must be sweet and not burnt or too brown, and must be rubbed carefully into the flour. For all puddings and pies to be eaten hot, it will be found as good as the best lard or butter. All pastry should be mixed with cold spring water; for puff paste a little lemon juice may be added; the water should be added by degrees, and care must be taken not to put too much, for all pastry will be rendered tough and uneatable if flour has to be added after it is mixed. Pastry must not be too much fingered, nor rolled more than is necessary.

### GOOD PASTRY FOR MEAT PIES. 368.

Weigh 6 oz. of lard to every 1 lb. of flour. Rub the lard well into the flour until there are no lumps left at all, and it is perfectly smooth. Add as much cold water as will make it into a stiff paste; stir it round with your hand as you add the water, so as to mix in all the flour. Put it on your board or slab, and roll out the thickness it is required. For *a meat* pie to be eaten hot, or a plain hot apple

pudding, beef dripping will be found to answer as well as lard. A little salt put into the flour improves pastry.

### Common Suet Crust for Pies or Boiled Puddings. 369.

Take 6 or 8 oz. of good beef suet, remove from it all skin; chop or pound it very fine, rub it into 1 lb. of flour; add a little salt, and mix with cold water. Roll out at once. This is only good when the pies or puddings are to be used hot.

### Short Crust. 370.

To 6 oz. of flour, take 3 oz. of butter. Put the flour and butter into a basin, and pinch off little bits of the butter with your fingers, and rub it into the flour until all is smooth and well mixed. Then moisten with as little water as possible (a dessert-spoonful ought to be enough, if the butter is well rubbed in), as the less water you use the shorter the crust will be. Put the paste on your board, and roll out the thickness required. This will make enough to cover a small fruit tart; and if well made is extremely good for all fruit tarts.

### Useful Paste. 371.

Take 1 lb. of flour, rub well into it with the hands 8 oz. of lard, until it is all like flour; add a pinch of salt, and enough cold water to form into a smooth paste. Add the water a little at a time, and so gather up the flour with the hand, for if it becomes too wet it tastes sodden and is not fit to eat. Young cooks often make this mistake of putting too much water to their paste, therefore it is hard and dry, instead of being short, as it should be when baked.

### Paste for Preserve Puffs and Turnovers. 372.

Rub a ¼ lb. of butter into 1 lb. of flour till it is as fine as possible. Mix with a little cold water, roll out twice; take 6 oz. more butter, put it on your paste in little bits, double over and roll out again; repeat this two or three times until the butter is used up. Cut into shapes for your puffs and turnovers. Bake with preserve in each. This can be made with lard instead of butter.

### Puff Paste. 373.

Put 1 lb. of flour on your paste-board, work into it 4 oz. of butter with your hands. Mix with a little cold water, and roll out. Take 4 oz. more butter, put half of it on your paste in little bits; double over, roll, then repeat with the rest of the butter. Next roll out the paste thin; take a clean thin cloth, dip it into cold spring water, ring out tight, lay it over your paste, roll both up together very lightly, leave it in a cool place all night. Take out the cloth next day, fold your paste over, and give it one roll out before cutting it into the shapes you require.

### Puff Paste, No. 2. 374.

Half a lb. of flour, ½ lb. of butter. Rub a bit of the butter, the size of a walnut, into the flour dry; mix the flour into a light paste with a little cold water, mixing a few drops of lemon juice with the water; flatten the rest of the butter in a wet cloth. Take the paste, pull it out with your hand the size of a plate, and lay the butter in it; fold the paste over it and leave for ten minutes, beat well, roll out thin, and fold in six folds: repeat this three times, waiting ten minutes between each. It is then ready for use. In both these recipes good fresh *lard can be* used instead of butter, and is as good.

### Sweet Biscuit Paste. 375.

1 lb. of fine flour, 6 oz. of butter rubbed into it, 4 oz. of fine sifted loaf sugar, the yolks of 2 eggs, and a very little milk. Mix well and roll, but not too much. This is liked by some for lining patty-pans, in which preserves or cheesecakes are baked. If required for custard, or preserve with syrup, line the tins with paste, then fill them with whole rice or flour, and bake till quite set. Next clean out the rice, fill with the custard, and return to the oven until it is set.

### Venison Pasty. 376.

Cut your meat in neat pieces, either from the side or shoulder. It improves the meat to rub it over with sugar for two or three days before it is required; but when it is wanted, wipe it perfectly clean and dry. Put a good crust round the sides of your dish, but not at the bottom; lay in the pieces of venison with fat between each piece, having first put some butter, pepper, and salt at the bottom of your dish, the dish must be well filled with the meat and fat. The venison bones must be well boiled with some good mutton bones, pepper, and salt; put ½ a pint of this gravy cold into the pie, and put butter on the top of the venison; cover with a good rich crust. Keep the rest of the gravy until the pie is baked, then put it in through a funnel quite hot, and shake the dish to mix it well.

### Chicken or Rabbit Pie. 377.

Cut up 2 young rabbits, season well with salt, pepper, nutmeg, and mace. Take a pie-dish, put in your rabbits neatly in joints, then a layer of cold ham or bacon, and repeat until your dish is full. Fill up with some broth nicely seasoned, which may be made from the heads, breastbones, and long

pieces off the legs of the rabbits, and a beef or veal bone. Cover the pie with a nice crust, and bake. Fowl or chicken pie can be made the same way, only a couple of hard-boiled eggs, cut in slices and put in layers with the ham, are an improvement to it.

### Pigeon or Partridge Pie. 378.

Put at the bottom of a pie-dish a few pieces of tender beef or veal. Take 4 pigeons, nicely cleaned, pound a little ham in a mortar with the livers of the pigeons. Add the yolks of 3 hard-boiled eggs, pepper, salt, and a little mace; mix it with about 2 oz. of butter, and put a lump into the inside of each pigeon, and lay them neatly over the veal. Fill the dish with broth, and put a crust on the top. Stick the feet of the pigeons in the centre. This pie can be eaten hot or cold. Partridge pie can be made the same way.

### Giblet Pie. 379.

Clean goose or duck giblets well, stew them slowly until quite tender, in a small quantity of water, onion, black pepper, and a bunch of sweet herbs. When cold put them into a pie-dish; if not enough to fill it, put a little beef or veal at the bottom. The gravy the giblets were stewed in should be put into the pie. Cover with a crust, and bake. A small cupful of cream is considered an improvement to this pie, put in through a funnel directly it is done baking.

### Duck Pie. 380.

Joint 2 ducks, young ones, remove the back bones, fry the other joints, neatly cut, with slices of Spanish onion for twenty minutes. The pieces of duck should *be seasoned* with salt, cayenne, and a little sage.

Wash the giblets, and put on to simmer with a little of the fried onion and the back bones for two hours in a pint of cold water, adding a bunch of parsley and a strip of lemon rind. Lay the pieces of duck in a pie-dish, mix in the giblets, strain the gravy, add to it ½ a glass of port wine, a little mushroom ketchup, salt, and pepper, and pour it into the dish; cover with paste made with ¾ of a lb. of flour, 4 oz. of lard, 2 oz. of butter, salt, and a ¼ of a pint of milk. Bake in a moderate oven. If this pie is preferred cold, a ¼ of an oz. of Nelson's gelatine can be added to the gravy to set it.

### Pork Pie. 381.

Take 3 or 4 lbs. of the loin or griskin of pork, cut the meat off the bones into pieces about two inches in size, pepper and salt them well, take off all the skin, but a little fat may be added if liked; pass all through the mincing-machine until it is like sausage meat. Put the bones, and any bits of skin, on the fire in some cold water, let them simmer for a couple of hours, then strain and leave to get cold. Weigh 1 lb. of flour, rub into it 6 oz. of lard till quite smooth, mix with cold water into a stiff paste. Have ready some tin (oval or round) rings, about three inches high; roll, and cut your paste to line the rings at the sides and bottom; put in your minced pork, cover with paste, and pinch the edges well together, brush over with egg or milk, and bake. This pie must be baked in a moderate oven, as the meat takes a long time to soak, and a quick oven will spoil it; it will take from two to two and a half hours to bake. When cold, the cold gravy from the bones must be added through a funnel in the centre. If this gravy is not set, a little of Nelson's gelatine should be added to it, and it should be highly seasoned with pepper and salt.

### Veal and Ham Pie. 382.

Cut some neat pieces of veal from a loin or leg of veal, take off all pieces of skin, take a pie-dish, lay in a layer of veal, sprinkle salt and pepper over, cover with a layer of cooked ham, cut in thin slices, and then a layer of hard-boiled eggs; repeat until the dish is full; put in some weak veal stock, cover with a good paste, and bake in a moderate oven. A veal and ham pie can also be made like the pork pie, raised, putting about a ¼ of a lb. of ham to a lb. of veal.

### Beef Pie. 383.

Cut neat pieces of beef free from skin from a tender lean piece of beef, fill a pie-dish neatly, seasoning well with pepper and salt; fill up with weak stock or a little water, and cover with a good crust. Should the beef not be tender, it is better before putting on the paste to cover it with a tin plate, and stew it gently in the oven for two hours.

### French Pie. 384.

Mince some cold veal fine, with a little ham, season highly with pepper, salt, mace, and a little grated lemon peel, mix this with a little stock, a bit of butter, and a little thin cream, put a layer of this at the bottom of a pie-dish. Take about 20 good oysters, take off the beards, put them in the dish over the meat, then put another layer of the minced meat, and cover the whole with bread crumbs; put pieces of butter on the top, and bake for half an hour. The dish may be buttered before the meat is put in, and lined all round and at the bottom with fine bread crumbs.

### Apple Tart. 385.

Good baking apples should be used for this. *Pare* and core the fruit carefully, cut into small

pieces, and fill your pie-dish, sprinkle in moist sugar and 2 or 3 cloves; cover with a short light crust, and bake until you see the steam coming out between the paste and dish. Any of the tinned American fruits make good winter tarts; in summer no tarts are better than cherries, raspberries and currants, or greengage. The paste for all summer fruit tarts should be made very short, and a little sweet.

### Rice Cheesecakes. 386.

Take 2 eggs, and their weights in butter, loaf sugar, and ground rice; add a few blanched and pounded sweet almonds, and 2 bitter ones; or, if preferred, vanilla or lemon may be used for flavouring. Line patty-pans with a good puff or short paste, fill with the above mixture after it has been well beaten together, and bake. Half this quantity will make a small dish.

### Curd Cheesecakes. 387.

1 pint of buttermilk, 1 egg, 1 table-spoonful of flour, and 1 quart of skim-milk. Set the milk on the fire, beat up the egg, flour, and buttermilk; when the milk just begins to boil, stir them into it, let it simmer till the whey rises clear round the pan. Take it off the fire, and leave till cold; pour into a coarse cloth, and hang to drip. New milk makes this richer. Sugar, currants, and nutmeg can be mixed with the curds. Line your patty-pans with good paste, fill, and bake.

### Lemon Cheesecakes. 388.

To $\frac{1}{2}$ a lb. of good butter add $1\frac{3}{4}$ of sugar broken small, the yolks of 8 eggs and the whites of 6, the grated rind of four lemons and the juice of 6. Put all into a clean, well-tinned saucepan, simmer over *the fire, stirring all* the time until it is as thick as

honey. Pour into small jars and cover. When required, line your patty-pans with puff paste, fill with the mixture, and bake. This will keep for years, and is very good.

### Cocoanut Cheesecakes. 389.

Grate 1 lb. of cocoanut, take 1 lb. of sifted sugar, ½ a lb. of butter, 4 yolks of eggs, 3 whites, mix well, and boil for twenty minutes. Pour into jars, cover close, and keep in a cool place. When wanted, bake in patty-pans lined with puff paste.

### Mincemeat for Mince Pies. 390.

2 lbs. of pudding raisins, stoned, and chopped fine, 2 lbs. of currants, well washed and dried, 1 lb. of sultana raisins, 4 lbs. of sweet apples, peeled, cored, and chopped very fine, 2½ lbs. of moist sugar, 2 lbs. of beef suet, chopped very fine and free from skin, the juice of 2 lemons, the rind of 1 grated, a ¼ of a lb. of mixed spice, 4 or 5 glasses of brandy and 2 of sherry (wine-glasses), 2 oz. of citron, and 2 oz. of candied peel, cut very small. Mix all very well, put into jars, cover, and keep in a cool, dry place. When wanted for use, make good puff pastry, line your tins, and bake in a good oven. More spice and sugar can be added if liked. This will keep some time.

### Italian Pastry. 391.

A ¼ of a lb. of butter, a ¼ of a lb. of sifted loaf sugar, ½ a lb. of flour, mix together and moisten with the yolks of 2 eggs, roll thin, cut into shapes or fingers, bake on a floured baking-sheet a pale brown. When cold place two together with jam between. This can be made with half butter and *half lard*, also with nearly the whole of 1 egg, a *little beaten*, instead of 2 yolks.

### Genoa Pastry. 392.

Take 2 eggs and their weight in the shell in butter, sugar, and fine flour; beat the eggs well, then add the butter, sugar, and flour; add any flavouring liked, and beat all quite smooth. Flour a baking-tin that has a raised edge round it, spread the mixture on with a knife about a quarter of an inch thick. Bake, and while hot cut into any shape you like. Serve cold with jam between.

### Treacle Tart. 393.

Make a thin short paste as if for baked apple pudding, lay it flat over a buttered dish or plate. Mix golden syrup treacle and bread crumbs, an equal quantity of each, spread about ½ an inch thick over your paste, cover with another piece of paste or cross-bars across. Bake, but do not let the treacle get hard. Common preserve may be used instead of the treacle and bread crumbs.

### Currant Pastry. 394.

Make some good short pastry, roll it out rather thin, cover thickly with common grocer's currants well washed and dried; put 2 dessert-spoonfuls of good moist sugar over the currants, and small bits of butter on the sugar; wet the edge of the paste and cover neatly with another piece of paste. Bake in a moderate oven. Serve cold cut into wide fingers.

### Almond Pastry. 395.

Take ½ a lb. of Jordan almonds, blanch, and beat in a mortar till quite smooth, adding a teaspoonful of orange-flower water, add 6 oz. of sifted sugar; mix well in the mortar, then put into a clean pan and stir over the fire till dry. This paste can be flavoured *with vanilla* or lemon. It will keep some

time in pots in a cool place. When wanted, it can be mixed with the white of an egg to moisten it, rolled out, and made into shapes; or line tartlet-tins with it. Bake in a slow oven, and fill when cold with preserve or whipped cream. If not wanted to keep, the white of an egg can be mixed in at first, and it need not be dried over the fire.

### Jam Roll. 396.

A $\frac{1}{4}$ of a lb of dust sugar, 2 eggs, the weight of one egg in flour; beat the yolks of the eggs very well, add the sugar, mix well, beat the whites to a very stiff froth, mix in lightly, add the flour by degrees beating all the time. Butter a Yorkshire pudding tin, put in the mixture and bake in a quick oven from ten to fifteen minutes, turn out carefully and quickly on to your pastry board, which should be sprinkled with sugar, spread jam quickly over the cake and roll. If too much baked or not quickly rolled up, it becomes stiff and breaks.

### Apple Cheesecakes. 397.

Grate a $\frac{1}{4}$ of a lb. of apples, add the grated rind of 2 lemons, the juice of one; 4 oz. of sugar, 2 oz. of butter, the yolks of 4 eggs, and the whites of 2. Beat the eggs well, mix with the sugar, apples, and lemon; beat and melt the butter a very little, and add last; stir over the fire until the whole is well mixed, but do not let it boil. Line tartlet-tins with paste, fill with the mixture, and bake twenty minutes. Apple tartlets are also good filled with apples, prepared as for apple sauce, only adding a little lemon, and putting cross-bars of paste over the apples and bake; before they are cold spread *apple* jelly over the top of each tartlet. They must *be kept* in a dry place till wanted.

## REMARKS ON CREAMS, JELLIES, ETC.

EVERYTHING used for the making of these things should be particularly sweet and clean. Saucepans should be kept on purpose for boiling cream, and a preserving pan is as good as any other for boiling jelly; anything that has had fat or grease in it, and is not well scoured, will quite spoil your sweets. A jelly bag, after it has been used, must be well scalded and dried; if put by damp it will smell stale and musty. Moulds and tins should all be well scoured before they are put by, and when required for creams or jelly should stand for some time in clean spring water. Eggs are best broken separately into a cup, as one bad one will spoil everything. Cream and milk must be quite fresh and sweet. I strongly recommend Nelson's gelatine for all solid sweets, jellies, etc.; it is far before any other, has no disagreeable taste, and is perfectly pure and wholesome. I prefer it to anything else of the same kind, and I think any one who has once tried it, will never again forsake the use of it. Remember always to soak it some hours in a little cold water before using, and then to put enough boiling water, milk, or stock to dissolve it. If used this way it will never fail to please.

### APPLE SNOW. 398.

Take 12 large apples, pare and core them, boil till tender, beat up with loaf sugar and lemon juice to taste. Put to this quantity 3 whites of eggs, whisk it well until it becomes quite white and will *stand high on a dish.*

### Gâteau de Pommes. 399.

Take 12 lbs. of apples; when pared and cored put them into a preserving-pan with enough water to prevent them burning, boil until tender, rub through a hair sieve; to every lb. of pulp allow ¾ of a lb. of loaf sugar; boil together for half an hour, or until it will set. To every 4 lbs. of apples add the grated rind and juice of 1 lemon. Put into moulds or large jars. This will keep a year; it turns out well, and should be served with custard or cream round.

### Apples in Cream. 400.

Pare and core some small apples, but do not break them, take out the core with a round cutter, stew gently in a saucepan with some loaf sugar, a little water, and a bit of thin lemon peel, take them out before they fall, and arrange them neatly in a glass dish; when cold fill up each hole with coloured whipped cream, and put custard round.

### Apples with Jelly. 401.

Prepare as above, but fill up the holes with made apple jelly; put whipped cream round and between each apple.

### Queen Mab Cream. 402.

1 oz. of Nelson's gelatine, 1 oz. of citron, 1 oz. of lemon peel, 2 oz. of preserved cherries, 2 tablespoonfuls of sifted sugar, ½ a wineglass of brandy, 1 pint of cream. Soak the gelatine in a little milk for an hour, then pour on half the cream very hot, stir well; add all the other ingredients by degrees, put into a mould, and ice.

### Prince Eugène Gâteau. 403.

*Beat* up the yolks of 3 eggs, add by degrees ½ a *pint of* fine loaf sugar, beat the whites to a stiff

froth, add to the above, and beat very well, then add by degrees ½ a pint of fine flour and a little essence of lemon. Take a plain tin mould, butter it well, and powder it over with flour; shake out all the flour that has not stuck to the butter, pour in the mixture, and place it in the oven; when nearly baked take it out of the mould and cut it into 3 slices; put different preserve between each, and a teaspoonful or two of rum with each; press together again and return it to the mould to finish baking. It should have joined again by the time it is baked. Serve cold with custard. Half a teaspoonful of Borwick's baking powder may be added to the flour.

### Chocolate Cream. 404.

Take ½ an oz. of Nelson's gelatine, put it into a basin and just cover with cold milk; let it stand two or three hours. Boil ½ a pint of cream and ½ a pint of milk, pour it quite hot over the gelatine, stir till it dissolves. Scrape 2 oz. of chocolate from a cake of it, put it with 1 oz. of loaf sugar into a pan, add the cream, etc., by degrees, mixing the chocolate in quite smooth; stir over the fire until it thickens a little, take it off, leave to cool, then add the whites of 2 eggs beaten to a froth, continue to whisk until it begins to get stiff, then put it into a mould that has been in cold water.

### Apricot Cream. 405.

Put ¾ of an oz. of Nelson's gelatine to soak for two hours in enough milk to cover it. Put ½ a pint of cream on the fire; when very hot pour it on to the gelatine and stir until it is dissolved; leave it to cool, and then add another ½ pint of cold cream, and either ½ a wineglassful of sherry or a table-spoonful of brandy. Whip well with a whisk until it begins

to get stiff, dropping in by degrees pieces of dried apricot cut up. Put into a china or clean tin mould that has been some time in cold water, and leave it in a cool place till it sets. A table-spoonful or two of sifted sugar can be added with the hot cream. Ginger cream can be made the same way, adding the juice instead of wine.

### Italian Rice Cream. 406.

Take ½ an oz. of Nelson's gelatine, soak in a little cold milk for some time, then pour on to it ½ a pint of very hot cream, add sugar to taste, essence of vanilla, and a table-spoonful of rum. Boil a table-spoonful of Carolina rice in a little milk till tender with a small bit of butter and a pinch of salt; strain the rice when done from the milk, and add the rice to the cream by degrees as you whip the cream. It must all be whipped till it will stand; place it high on a glass dish, with sponge biscuits round.

### Velvet Cream. 407.

Put a ¼ of an oz. of Nelson's gelatine into enough cold milk to cover it; let it soak until quite soft, pour over it ½ a pint of boiling new milk flavoured with almonds, or milk and cream mixed may be used instead; the yolk of an egg will improve this, but is not necessary. Put some greengage or other jam at the bottom of a glass dish, covering it about a quarter of an inch thick; when the cream is nearly cold pour it gently over the preserve and leave it to set. Ratafias may be mixed with the jam if liked, and sugar added to the cream; but if the jam is sweet this is not required.

### Pine-apple Cream. 408.

Take ¾ of an oz. of Nelson's gelatine, soak in cold milk for two hours, add enough boiling milk to dis-

solve it, then mix in 6 tablespoonfuls of pine-apple syrup, 2 oz. of sifted sugar, the juice of one lemon, and 3 or 4 slices of preserved pine cut into small pieces; add a pint of good cream, and whisk well for ten minutes, then put into a mould. Candied cherries, or pieces of citron, or any candied fruits may be used instead of pine-apple; then it will require a little brandy or sweet wine instead of syrup.

### Italian Custard. 409.

1 quart of milk, 1 oz. of gelatine, well dissolved and soaked, the yolks of 6 eggs, 6 oz. of sifted sugar, 4 table-spoonfuls of lime juice. Put the milk and sugar on the fire, let it boil up and then simmer for five minutes, pour it over the soaked gelatine and stir well; when nearly cold add the beaten yolks of eggs and the lime juice. This will fill two or more moulds.

### Raspberry Gâteau. 410.

Take a round sponge cake, about 1 lb. in weight, cut into slices about ½ an inch thick, put into a glass dish, soaking each piece with raspberry and currants poured over while hot (1 lb. of fruit having been boiled with 6 oz. of sugar) sweeten ½ a pint of cream, whip it thick, pile the cake together again, and cover with the whipped cream.

### Orange Custards. 411.

Take ½ the rind of a Seville orange, boil it very tender, beat in a mortar, add the juice of the orange and the juice of 2 sweet oranges, a spoonful of brandy, 3 oz. of loaf sugar, the yolks of 4 eggs well beaten: beat all for ten minutes, then by degrees pour in a pint of boiling-hot cream. To be served in glass cups when cold. If preferred solid in a mould, put ½ an oz. of Nelson's gelatine to soak in a little milk for three hours, and after pour the hot cream *on to it, before* mixing in the other things.

### Almond Cream. 412.

Blanch and pound 2 oz. of sweet almonds, add to them 3 bitter almonds, pound quite smooth. Take ½ a pint of cream, a little sugar, a piece of thin rind of lemon peel, and the beaten yolk of an egg; put them in a saucepan over the fire, let it simmer till it thickens, stirring it all the time; take out the lemon peel, and put in the almonds. When nearly cold add 3 dessert-spoonfuls of white wine. Serve cold in cups.

### Lemon Sponge. 413.

Put 1½ oz. of gelatine in cold water (the water must cover it) to soak for three or four hours; then pour over it a full pint of boiling water in which the rind of two lemons has boiled for about five minutes; add the juice of 3 lemons, and ½ a lb. of loaf sugar, or more if not sweet enough. Leave it till it is nearly cold and begins to adhere to the sides of the basin; then add the whites of 2 eggs well beaten, and whisk all together till it is like stiff white sponge. Have some moulds ready in cold water, shake out and put in your sponge. This should make two or three moulds. If you are short of lemons, a little citric acid, and Nelson's essence of lemon peel, may be used instead.

### Pine-apple Toasts. 414.

Take thin pieces of bread, fry them in butter, drain, but do not let them get hard, put pine-apple, or any preserve on them and serve. Some prefer preserve or fresh fruit, put on before frying.

### Gâteau de Curaçoa. 415.

Take 4 slices of a sponge cake, about ½ an inch thick, soak them in a little wine, lay 1 on a glass dish, cover with apricot preserve, then put on the next, adding different preserve each time. Over

the last piece of cake pour by degrees, 2 or 3 tablespoonfuls of curaçoa; whip up ½ a pint of good cream (having put a little sugar and a few drops of vanilla to it) to a stiff froth, and cover the cake with it. A few bits of cake, cut with small cutters into pretty shapes, and coloured with a little cochineal, put on to the top of the cream, makes a pretty finish and ornament to this dish.

### Whipped Cream. 416.

For this purpose cream should always be thick, but fresh; and it is best from one cow, not mixed with other cream. Always whip it in a cool place; if the weather is hot, put the cream into a basin, and plunge that into a basin of very cold water, but not high enough to let any get to the cream, and whip it. Before whipping, put into the cream a little sugar, a few drops of vanilla or almond flavouring. About ½ a pint of good cream is enough for a small dish. It is best not to whip it long before you require it. If the cream is thick it should not take more than 5 or 10 minutes to whip.

### Solid Custard in Cups. 417.

Soak ½ an oz. of Nelson's gelatine in a little milk for a few hours, take ½ a pint of milk, boil it and pour over the gelatine; add ½ a pint of cream, sugar to taste, and a few drops of essence of ratafias. Put some preserved cherries, with the stones taken out, at the bottom of your custard glasses; add the cream when nearly cold. Put some pistachio almonds on the top of each custard, cut in small pieces and sprinkled on.

### Blanc Mange. 418.

1 oz. of gelatine soaked in enough milk to cover it for two or three hours. Take a pint of milk, put

it on the fire with half the rind of a lemon cut very thin; when quite boiling pour it over the gelatine, add 2 or 3 oz. of loaf sugar, a pint of thin cream, and essence of almonds to taste; give it one warm over the fire, and leave it to cool; take out the lemon peel. Colour half of it with cochineal; take a mould that has been in water, and put in the pink about half full; leave it to get cold, then add some of the white, but that must have been kept just warm. Part of it may be made a nice yellow by adding the yolks of 2 eggs. Any cream which is wanted in two colours must be done in this way, the one colour must be allowed to get quite cold in the mould before the other is added, or they will mix, and both be spoilt.

CUSTARD. 419.

Take the yolks of 2 eggs beaten, ½ a pint of thin cream, a little sugar, and stir over the fire until it thickens, but be careful it does not boil; add essence of almonds to taste. If your cream is good, the yolks of 3 eggs are enough for rather more than double this quantity. A common custard may be made with milk, 2 table-spoonfuls of cornflour, and the yolks of one or two eggs. Or you may use Borwick's custard powder, which does not require any eggs at all.

TRIFLE. 420.

Mix some sherry and brandy or rum together on a soup plate, take 1 dozen penny sponge cakes, cut them in 2 or 3 thin slices, dip them in the wine, and lay them on a glass dish; next put a layer of jam (apricot, or greengage); then some ratafias, repeat the sponge cake, and put a different jam on it—plum jelly, or anything like that—and so on until the dish is three-parts full. Make a good custard (the yolks of 3 eggs to rather more than a pint of cream), when cold, put it over the trifle and leave it to set

two or three hours. Whip up some good cream, flavoured and sweetened, last of all, and cover thick all over the trifle.

### Orange Jelly. 421.

Take 1 oz. of Nelson's gelatine, put it to soak in enough cold water to cover it for three hours, or over-night; when swelled to about double the size, pour on it a pint of boiling water, stir till dissolved; add ½ a lb. of loaf sugar and the juice of as many oranges as will make a pint (about 8, if they are good ones), add the juice of one lemon. If the oranges are sweet, it may not require quite so much sugar. If the sugar has not quite melted, give it one boil, and strain through a piece of muslin, but orange jelly is better not cleared. A glass of sherry is good added to the above; let it be nearly cold, then put it into moulds which have been in cold water. A pinch of Nelson's citric acid can be used instead of lemon.

### Calf's Foot Jelly. 422.

Put an ox foot, or 2 calf's feet, into a stewpan with 3 quarts of water, boil slowly till reduced to half the quantity and all the meat has come off the bones, skim well, strain, and leave till cold. The next day take off every bit of fat, even wiping the top of the jelly with a clean cloth, or put clean blotting paper on it to get off every particle of fat; put the jelly into a pan, but be careful not to take the sediment which will be at the bottom, add the thin rind of 2 lemons, the juice of 3, and loaf sugar to taste, about ½ a lb. Melt for a little over the fire, then stir in rather more than ½ a pint of strongly flavoured sherry; have ready the whites and shells of 2 eggs, beaten a little, and pour into the jelly; whisk *well for a little* over the fire; do not touch it

again, but let it boil for ten to fifteen minutes, take it off the fire very gently, let it stand to settle, put the eggshells and thick part into the bottom of your jelly-bag, then with a cup pour the jelly through by degrees. If not clear the first time, it may be passed through twice. The jelly-bag should be soaked in clean boiling water before it is used, shake it out as dry as possible, but still keep it hot near the fire while the jelly runs through. The ox foot will boil again for stock.

### Wine Jelly. 423.

1 oz. of Nelson's gelatine, put in a basin, add ½ a pint of cold water; let it stand three hours, when quite soaked add a large teaspoonful of citric acid (Nelson's is best) and ½ a lb. of loaf sugar; pour on to this a pint of boiling water, and stir till the gelatine and sugar are dissolved; then add ½ a pint of sherry (rather common sweet sherry is best); leave it to get nearly cold; put it into moulds which have been in cold water. This jelly can be made with sweet wine, claret, or any other that is liked. If carefully made, it will be quite clear enough without being strained. It has the properties of being very strengthening, easily made, and not expensive, and is very good tasting.

### Rice Croquettes. 424.

A ¼ of a lb. of Carolina rice, boiled till tender in ½ a pint of milk, add 2 oz. of butter, 2 of loaf sugar, and the yolks of 2 eggs; add essence of vanilla or almond, stir over the fire till thick, turn it on a dish to cool. Make up into balls, dip them in bread crumbs, then in beaten egg, and again in bread crumbs. Fry quickly in boiling butter or lard. *Serve* on a cut paper, piled high, and sift sugar *over*.

### MÉRINGUES. 425.

Beat the whites of 4 eggs to a strong froth, add to them 8 table-spoonfuls of powdered white sugar; mix well, but gently, with a spoon; drop it on to writing-paper the size and shape of half an egg cut lengthways, dust thinly over with white sugar. Put the writing-paper on a board, as a baking-tin would get too hot at the bottom. Bake, in a very moderate oven, a very pale brown. Take them off the paper gently, take out the soft inside, and dry them before the fire. Keep in a tin box in a very dry, cool place. When wanted, fill one-half with whipped cream and another with preserve and put together to look like a whole large egg. The whites of 2 eggs will make a small dish.

### STEWED FIGS. 426.

1 lb. of good dried figs put into 1 pint of cold water, stew till quite tender; take out the figs, and put into the water 1 lb. of loaf sugar and the rind of a lemon; when the syrup is thick enough, add the juice of one or more lemons and a table-spoonful of brandy; put in the figs again, and stew a quarter of an hour.

### ORANGES IN SYRUP. 427.

Take 6 good small oranges which are quite ripe, peel them with a knife, taking off all the white skin, make a syrup of a $\frac{1}{4}$ of a pint of water, about 6 oz. of loaf sugar, and the juice of 2 lemons; boil until it is quite thick, let it stand till cold, then pour it over the oranges. This makes a nice dish for luncheon or dessert.

### ANGELS' FOOD. 428.

Take some grated cocoanut, mix with it a little *powdered loaf sugar.* Peel and cut in thin slices 2

or 3 ripe oranges, take out the pips. Put a layer in a glass dish, then a layer of cocoanut, and oranges again, until you have a neat-looking dish of it. Sprinkle cocoanut all over the top. This is improved by putting a little brandy with the orange.

### Baked Pears. 429.

Half a lb. of loaf sugar, 6 baking pears cored, peeled, and cut in quarters, the thin rind and juice of a lemon, ½ a pint of water, and 6 cloves. Put the pears, sugar, and other things into a brown stone jar, cover the whole with the parings of the pears, place a lid on the jar or tie paper over; place the jar in a moderate oven for some hours, or until the pears are tender. Take out the parings, cloves, and lemon peel. Serve cold.

### Vanilla Daroles. 430.

2 oz. of butter, 3 oz. sifted sugar, stir together till melted over the fire; take the mixture off, beat in the yolks of 2 eggs and the white of one. Line some little rather flat tins with almond paste (as made Recipe No. 395). Put a teaspoonful of essence of vanilla into your mixture, then pour on to the almond paste; bake in a moderate oven; put raspberry jam on each after they are baked, whisk the white of 1 egg, adding a teaspoonful of loaf sugar, put a little on the top of each darole, and brown it a little with the salamander. To be eaten cold.

### Swiss Custard. 431.

Warm a pint of milk with 3 dessert-spoonfuls of sugar, until it is well mixed. Beat the yolks and whites of 2 eggs well, let the milk cool, and add the eggs, and beat together. Prepare some apples as for apple sauce, only adding the juice of a lemon. Take some little white china custard cups, put a big

spoonful of apple at the bottom of each, then gently pour on the mixture; have ready a flat pan 3 parts full of water, put your cups into this, but don't let the water touch the custard; cook gently till solid. When cold, sprinkle a little chopped pistachio and Jordan almonds on the top of each, and serve.

### Gooseberry Fool. 432.

Take about a quart of green gooseberries, stew them with ½ a pound of sugar in a jar in the oven until they are tender, pulp through a hair sieve, or a wire one; when cold, stir in ½ a pint of cream, and serve in a glass dish. Raspberry or currant fool can also be made this way.

### Stewed Prunes. 433.

Wash quickly 1 lb. of prunes in a little cold water, drain, put the prunes into a pie-dish with 2 dessert-spoonfuls of moist sugar, just cover the bottom with water. Place a plate over the dish, and bake in a moderate oven till tender.

### Prunes and Hominy. 434.

Take a teacupful of hominy, let it soak for an hour in a pint of milk; put it into a saucepan over the fire and let it simmer gently until all the milk is soaked up. Add 2 oz. of sifted sugar and some essence of vanilla; it must be thick enough to stand. When cold, put it in a glass dish, and the stewed prunes, cooked as above, put round. Hominy makes good plain puddings like rice.

### Sponge Nests. 435.

Take 2 eggs, and their weight in sugar, butter, and flour. Beat the butter to a cream, beat the eggs well, *add them to* the butter, then the sugar, and

last the flour; have some little round patty-pans, about the size of a small bird's nest, butter and fill with the mixture. Bake in a moderate oven; while hot make a small round hole, about the size of a penny, in each, taking out some of the cake with it; leave till cold, take out of the tins; place the nests neatly on a glass dish, and fill up the hole in each with sweetmeat, or with one preserved apricot in each, putting a spoonful of whipped cream on the top. The outside of the nests may be washed over with clarified sugar, and sprinkled with chopped green and pink almond. ½ a teaspoonful of Borwick's powder can be mixed with the flour.

### Damsons and Rice. 436.

Half fill a pie-dish with damsons, preserved, bottled, or fresh (if the latter, they will require to be first stewed with some sugar and a very little water). Boil some rice very well in plenty of water until it is tender and every grain separates; drain well and dry, then pile it quite high over the damsons, but lay it on lightly; sift white sugar over, put it in the oven until the rice is slightly browned, and serve.

### Rice Cream. 437.

Boil ¼ of a lb. of Carolina rice in a pint of milk until it is quite tender; put ½ an oz. of gelatine to soak in a little cold milk for two hours, pour on it enough boiled milk to dissolve it, add 2 or 3 oz. of sugar, and put to it ½ a pint of good cream; stir it over the fire until it is warmed through. Take the rice and milk, pulp it through a sieve, and add it to the cream, etc. Stir well for a few minutes, add vanilla or almond essence, and pour into a clean basin to cool. When nearly cold, take a mould which has been in water, cover the bottom of it about 1 to 2 *inches* deep with the rice cream, leave it to set.

Have some apples nicely stewed as for sauce, and mixed with sugar and a little lemon; when your cream is quite set, put a few spoonfuls of the apples on it, keeping them well in the centre of the mould, and gently pour the rest of the rice cream round and over the apple until the mould is full. The first layer of cream may be coloured with cochineal.

### Macaroon Cream. 438.

Quarter of a lb. of macaroons, ¼ of a lb. of chocolate crushed, 1 dozen almonds chopped fine and mixed with the above; 1 pint of cream whipped, with a little lemon juice in it, and sweetened to taste. Mix some of the cream with the powder to make a paste, put it into a glass dish, cover with the remainder of the cream, and garnish with dabs of currant or apple jelly.

### Compôte of Rhubarb. 439.

Take some forced rhubarb, cut in pieces, stew on the fire with enough sugar to sweeten it; when nearly done, add 2 table-spoonfuls of cornflour, previously mixed with a very little cold water. Stir it over the fire until it is all well thickened together, pour into a shape. To be eaten cold with cream.

### Orange Cream. 440.

1 oz. of isinglass, ¼ of a lb. of loaf sugar, 1 lemon, 7 oranges, ½ a pint of cream. Squeeze and strain the juice from the oranges and lemon, adding enough water to the juice to make 1½ pint in all. Rub some pieces of sugar over the orange and lemon peel, add to it the juice, and boil. Strain through muslin, let it stand till it is almost cold, then beat it up with the cream. The isinglass must be added before it is boiled. Dip your mould in cold water, pour in the cream and ice it. Nelson's gelatine will answer

better than isinglass, and should be put into a little of the cold water to soak, then added when the juice boils.

### Apricot Sponge. 441.

Half a pint of cream, 8 apricots, 6 oz. of white sugar pounded. Whisk the cream very thick, add the apricots rubbed through a tin strainer, and the sugar. Have ¾ of an oz. of gelatine soaked in cold water, add just enough boiling water to dissolve it; mix with the cream, stir well, and put into a mould. Isinglass can be used instead of gelatine if preferred.

### Leche Créma. 442.

Beat up 3 eggs, leaving out 2 whites; add gradually 1½ pint of milk, then mix very carefully 4 table-spoonfuls of cornflour with the milk and eggs, add 2 oz. of sifted loaf sugar and the grated rind of a lemon. Boil well over the fire, stirring constantly until it thickens; be careful not to let it burn. Put it into a mould and leave till cold. Serve with sweetmeat round; or put some ratafias on a glass dish, and pour the mixture over them. Serve cold with sweetmeats on the top.

### Chestnut Cream. 443.

Take 24 large chestnuts, shell and blanch them the same as taking the skin off almonds, by putting them into hot water; let it nearly boil. When the skin is tender lift them out, skin them, and throw them into cold water. Next put them with ¾ of a pint of cold water into a clean saucepan, add 2 oz. of sifted sugar, and simmer till the chestnuts are quite tender. Soak ¾ of an oz. of Nelson's gelatine in cold water, enough to cover it, for two hours. Put on to the fire ½ a pint of thin cream or good *milk*, add to it 2 oz. of loaf sugar, a strip of thin *lemon rind*; let it boil, pour it boiling over the

gelatine. The chestnuts, if quite tender, must be drained, pounded while warm into a smooth paste, and pressed through a sieve; next add to the paste ½ a pint of rich cold cream, and mix well. Next strain the other ½ pint, with the gelatine, through muslin, and stir all together till thick; then drop in 2 oz. of dried cherries, and 2 oz. of citron cut small. When nearly set, put into a mould dipped in cold water.

### Raspberry Cream. 444.

Half a pint of cream, small pot of raspberry jam or jelly, 2 oz. of white sugar, ½ an oz. of gelatine, a few drops of cochincal. Soak the gelatine in just enough water to cover it, and dissolve with very hot water. Strain the jam through a sieve, to get the seeds out. Whisk up the cream very thick, add the sugar, jam, and gelatine, and mix in the cochineal. Put into a mould which has been in cold water.

### Sponge Pastry au Chocolat. 445.

Take 2 oz. of butter, sifted sugar, and flour. Beat the butter to a cream, beat up 2 eggs and add, then beat in the sugar and flour. Take 2 square tins about the same size, put the mixture on these about the thickness of half a crown. Bake in a moderate oven about twenty minutes to half an hour; when done, spread apricot preserve over one, and put the other piece of pastry on the top, press both firmly together, then cover with the chocolate icing. Before it is quite cold cut it into fingers. Add flavouring if liked.

### Chocolate Icing. 446.

Put into a saucepan ½ a lb. of sifted sugar, 2 oz. of grated chocolate, and about 1 gill of cold water. Stir on the fire until the mixture is like thick cream. It *must be poured* over the pastry at once or it very

soon becomes too hard to spread; it should be put on while the pastry is warm, and returned to the oven for a few minutes to harden. It is also very nice poured over the top of a sponge cake directly it has done baking, which must also be hardened again a little in the oven.

### Tipsy Cake. 447.

Take a nice sponge cake, one which has been baked in a mould is best; it must not be very fresh; cut a piece out of the centre of it from the bottom, about half way up. Soak the cake well in a little sweet wine or sherry, with some brandy mixed with it. As soon as it is thoroughly soaked all through, but not broken, fill the hole with raspberry or apricot jam, and put a piece of cake over it to keep it in. Place your cake in the glass dish it is to be sent to table in, stick strips of blanched almond all over it. Have ready a good custard, made from Recipe No. 419, and before serving pour it over and round the cake.

## SAVOURY REMOVES, EGGS, ETC.

### HAM TOAST. 448.

CHOP or pound 2 table-spoonfuls of cold ham, with 2 of any white meat; mix with 2 table-spoonfuls of good gravy, a little chopped parsley, pepper, and a table-spoonful of cream; mix in a pan over the fire until quite hot. Make a nice buttered toast, put on the mixture, cover with fine bread crumbs, and brown with a salamander. The toast before serving can be cut into fingers, or it can be made in rounds, and a small quantity of the mixture put on each piece.

### KIDNEY TOAST. 449.

Take a kidney of cold veal, or 2 or 3 mutton ones, with a bit of the fat; cut away all the skin, then pound in a mortar with salt, pepper, a little bit of anchovy paste, and part of a small boiled onion; bind all together with a little butter and the beaten whites of 2 eggs. Heap high on buttered toast, beat the yolks of the eggs, cover with them; sprinkle a few bread crumbs over, and bake for fifteen minutes.

### ANCHOVY TOAST. 450.

Toast some pieces of bread a nice brown, not thick; cut into small rounds with cutters, butter them well while hot, and spread anchovy paste on one side; arrange them neatly on a hot dish, putting 2 pieces together. Beat the yolk of an egg, and *mix it with a teacupful* of cream, a little salt, and

pepper; stir over the fire until it is as thick as custard. Pour over the toast, and serve hot. If a large dish is wished, 2 yolks will be required, and double the quantity of cream.

### Kidney Sippets. 451.

Take some veal, or mutton kidneys that have been stewed in good gravy; remove the skin and hard part, and cut into very small pieces. Add a spoonful or 2 of very good thick gravy, cayenne, salt, and a little mustard, and the yolks of 1 or 2 eggs, according to the quantity of kidney. Have some nice sippets of toast ready, put on the mixture, cover the bottom of a tin or old dish with liquid butter, lay the toasts in it, and brown in a brisk oven. Chopped parsley and shallot can be added to this if a stronger flavour is wished.

### Dressed Kidneys. 452.

Skin and broil them; mix some butter, from 1 to 2 oz., chopped parsley, pepper, salt, and a bit of nutmeg together, over the fire. Add a squeeze or two of lemon-juice; put in the kidneys, give them a shake round, and serve all together very hot.

### Savoury Sandwich. 453.

Take some meat from cold game or poultry, and about a quarter its weight in ham or tongue; pass it all through the mincing machine. Put it into a saucepan with 2 or 3 spoonfuls of good sauce, a small piece of anchovy paste, a teaspoonful of curry paste, a little chutnee, lemon-juice, pepper, and salt; stir well, and simmer till all is mixed. Take about 10 or 12 pieces of bread, all cut the same size and shape; fry them in butter or lard, but not hard, *place half* of the pieces on a baking-sheet; put *some of the* mixture thick on the top of each. Put

another piece of fried toast over; sprinkle grated cheese over all. Put them into the oven to get quite hot, and serve.

### Sandwiches. 454.

Take a ¼ of a lb. of cheese grated, season with pepper and salt, then mix into it a beaten egg to make it into a paste; roll it out thin with flour, cut into squares; put into each some ham or tongue cut very thin, a little split macaroni, which has been soaked until tender in broth or milk; egg round each piece before you fold it over; then egg and bread-crumb them outside, and fry in boiling lard.

### Sardine Piquante. 455.

Take half a dozen sardines, warm them in oil or butter, but do not let them harden. Put on the fire in a saucepan 3 table-spoonfuls of thick gravy, mix into it about a dozen sultana raisins, a bit of sugar, salt, pepper, cayenne, a teaspoonful of made mustard, ½ a teaspoonful of vinegar, and about 2 table-spoonfuls of cream. Lay the sardines on buttered toast; make the sauce hot, but not to boil, and pour over.

### Sardines au Fromage. 456.

Warm some sardines in clarified butter, add pepper, salt, and a few drops of lemon juice. Thicken the butter with a spoonful of flour, a little cream, and the yolk of an egg, having first taken out the sardines and put them on a hot dish. Cover the sardines thickly with Parmesan cheese; simmer the sauce until thick, and pour it very hot over the sardines.

### Normandy Shrimps. 457.

Take ½ a pint of very fresh and carefully picked shrimps. *Put* 1 *oz.* of butter into a stewpan, let it

melt; stir in a small dessert-spoonful of cornflour. Add ½ a tumbler of thin cream or good milk, pepper, salt, and the yolk of an egg. Stir till it thickens, then put in the shrimps and 2 or 3 drops of chili vinegar. Serve with fried sippets of toast round.

### Plain Omelette. 458.

Mix 3 eggs with salt, pepper, a little butter, and a very little milk and water. Stir all together for some minutes. Have ready a large piece of butter in a frying-pan, and when boiling pour in the mixture. When it will hold together double it up; serve very hot with parsley round. The secret of a good French omelette is, that the eggs should never be beaten or whisked, only stirred round and round till they are mixed.

### Savoury Omelette. 459.

Take 3 eggs, a ¼ of a pint of cream, a little parsley and shallot chopped very fine; ½ a small shallot is enough, and a sprig of parsley. Take 1 whole egg and 2 yolks, stir them into the cream; mix very well, stirring round and round. Then add the parsley, shallot, pepper, and salt; beat the other 2 whites well, add them last. Have your omelette-pan ready with about 1 oz. of butter melted in it; pour in the mixture, and stir it with a knife till it begins to set. Tilt the pan to let it run to one side of it; slide it off into a hot dish, and put it into the oven for four or five minutes to finish setting it. Serve with gravy round, or plain. Any other flavouring can be added instead of onion and parsley, and more eggs if a larger omelette is required.

### Omelette au Fromage. 460.

Put 2 oz. of butter on the fire in a small frying-*pan. Break* 2 eggs into a small basin, stir them

round and round until well mixed. Add salt, pepper, and 2 table-spoonfuls of grated cheese; mix all very well. Make the butter very hot in the frying-pan, pour in the mixture; stir it a little till it sets. Hold the frying-pan sideways, and let the omelette fall into the shape of a half-round. Serve very hot.

### Ramakins. 461.

Grate a ¼ of a lb. of Cheshire, and a ¼ of a lb. of Parmesan cheese; mix well in a mortar with a ¼ of a lb. of butter. Beat in the yolks of 4 eggs, and the inside of a penny roll, which must first be boiled in cream enough to make it soft; then beat up the whites of the eggs and add to the rest. Bake in paper cases, or in a soufflé tin.

### Macaroni Ramakin. 462.

Soak some macaroni in water till soft, then stew for a quarter of an hour in a little milk thickened with 2 teaspoonfuls of cornflour; ½ a pint of milk will be enough. Lay the macaroni at the bottom of a dish or oval tin; prepare the cheese mixture as given for ramakins, pour it over the macaroni, and bake a nice brown. About half the quantity will make a fair-sized dish.

### Macaroni Cheese. 463.

Take from 4 to 6 oz. of macaroni, boil in water till tender, leave it to stand in the water till cold. Put a piece of butter the size of a walnut in a pan, melt it, then stir in a table-spoonful of flour, and a very little cream; stir till mixed and pour in just enough milk to make it the thickness of good white sauce, it must keep simmering to thicken, and be well stirred; pepper and salt to taste. Have ¼ of a lb. of grated cheese; stir it into the sauce, then add

the macaroni well strained from the water; let all simmer a little, put it on to a flat dish, sprinkle more cheese over the top; put it in the oven to brown, but not to harden. Cornflour can be used instead of flour, mixed with ½ a pint of milk.

### Macaroni à l'Italienne. 464.

Boil ½ a lb. of macaroni till tender in broth, strain it, add 2 oz. of butter; stir the butter in, off the fire, till it is melted; there must only be just enough broth to allow the macaroni to swell. Have ready some rich thick gravy, well flavoured with onion and herbs; mix it with the macaroni, set it over the fire till quite hot; pour on to a flat dish. Have 2 oz. of Parmesan cheese ready grated, put it over the macaroni; warm it well through in the oven, and brown with a salamander.

### Macaroni Savoury. 465.

Boil ½ a lb. of macaroni in water with 1 oz. of butter, a little pepper, salt, ½ a small onion with 3 cloves in it, a bunch of sweet herbs, and parsley; let it boil twenty minutes, only put enough water to cover it. When tender drain it, mix it with 6 oz. of Parmesan or any good cheese, the beaten yolks of 2 eggs, some cayenne, a spoonful of chutnee, and as much gravy as it requires to be the thickness of sauce. Simmer for about five to ten minutes, put it on a dish with a few fried bread crumbs over, and serve.

### Macaroni Balls. 466.

Take the remains of macaroni cheese (Recipe 463), pick out all the hard bits, or any that are brown, break it up small with a fork, make up into small balls, roll them in yolk of egg, then in fine bread *crumbs*, fry a pale brown in boiling lard. Serve *piled high* on cut paper, or a finger napkin. These

can be made fresh the same as macaroni cheese, only not put into the oven, in which case they will require the yolk of an egg to bind them better.

### Fromage au Gratin. 467.

Mince very fine ½ a lb. of any cold meat, or 6 oz. of veal, and 2 oz. of ham; season well with pepper, salt, a grate of nutmeg, and a bit of chopped onion that has been boiled. Melt 2 oz. of butter and 2 oz. of Parmesan cheese together over the fire, add the meat, and mix well. Take two or more tin scallop shells, butter, and sprinkle them with bread crumbs, pour in the mixture, sprinkle grated cheese and bread crumbs on the top, put bits of butter over, or a little clarified butter; brown in the oven or with a salamander.

### Cheese Pudding. 468.

A ¼ of a lb. of grated cheese, 3 eggs well beaten, ½ a pint of milk, a bit of pepper and salt if required. Mix well and bake in a shallow dish or tin in a slow oven.

### Cheese Cups. 469.

2 oz. of grated cheese, 1 egg, ¼ of a pint of milk; mix, and bake in small tin pudding cups. This will fill three. Serve in the cups on a finger napkin very hot. About a quarter of an hour will bake them.

### Cheese Tartlets. 470.

Make a paste with 4 oz. of flour, 2 oz. of butter rubbed into the flour, a pinch of salt, moisten with the yolk of 1 or 2 eggs; roll them and line some patty-pans. Take 4 oz. of finely grated cheese, beat it up with the yolks of 3 eggs, pepper, salt, cayenne, a very little nutmeg, and 4 table-spoonfuls of cream. Fill each tartlet, and bake in a moderate oven about twenty *minutes*.

### Cheese Toast. 471.

Grate 4 oz. of good cheese, 4 oz. of bread crumbs, 3 oz. of butter, mix well with the yolks of 2 eggs, add a dessert-spoonful of made mustard, a little salt and cayenne; beat all well in a mortar. Toast some bread thin and crisp, cut into rounds or fingers, lay the mixture thick on each piece, put them in the oven to heat; to prevent their getting too brown place a plate or a piece of paper over them. Pass a salamander over the top when they are quite hot, and serve immediately. Half this quantity will make a small dish.

### French Cheese. 472.

Half a lb. of good cheese, pound it well in a mortar, add the beaten yolk of 2 eggs and the white of one. Put the mixture in a saucepan on the fire with about a coffee-cup of cream; stir well till thick. Serve hot on buttered toast; or it may be baked in a small dish or tin for a quarter of an hour.

### Fondu. 473.

Put 1 oz. of butter into a saucepan, shake in 3 oz. of fine flour and ½ a cup of cream; do not let it brown. Beat the yolks of 2 eggs, add to them a teacupful of good milk, and 2 oz. of grated Parmesan cheese; mix well, and add it by degrees to the hot cream and flour. Beat up the 2 whites to a stiff froth and stir in lightly. Bake in a soufflé dish for half an hour in a moderate oven. Serve at once, or it will fall. This may be made lighter by 1 more egg.

### Fondus in Cases. 474.

Mix 2 teaspoonfuls of cornflour with ½ a cup of milk and a small bit of butter; stir over the fire *till hot*. Beat 2 eggs, add to them 2 oz. of grated

cheese; mix all together and simmer for a few minutes. Fill small paper cases; bake for ten to fifteen minutes.

### Savoury Sweet. 475.

Melt a ¼ of a lb. of cheese in the oven; when melted add 1 egg and a wineglass of milk; beat till it resembles a custard. Put on buttered toast and bake in a hot oven a light brown, and garnish with parsley.

### Fromage Cuit. 476.

Take a ¼ of a lb. of cheese, 2 oz. bread crumbs, 2 oz. butter, 1 egg, a very little cream; beat well, put on a toast, and brown before the fire or with a salamander.

### Biscuits of Parmesan Cheese. 477.

6 oz. of flour, 6 oz. of grated cheese, mix well together, then rub in 4 oz. of butter, add a little cayenne pepper, and bind with the yolk of an egg. Roll out about a quarter of an inch thick, cut into long narrow fingers. Bake in a sharp oven three or four minutes.

### Plain Cheese Biscuits. 478.

2 oz. of flour, 2 oz. of grated cheese, 2 oz. of butter, a little cayenne. Mix well, make into a paste with a little cream. Roll thin, and cut into small round cakes. Bake four minutes in a quick oven, and serve hot.

### Cheese Pastry. 479.

Make some puff pastry, roll out, sprinkle grated cheese over it; repeat this three times. Cut into shapes, sprinkle more cheese on the top, and bake. Serve hot.

### Swiss Eggs. 480.

Spread the bottom of a flat dish with 2 oz. of fresh butter; cover this with thin slices of cheese. Break 4 eggs upon the cheese without breaking the yolks, and season with pepper and salt, pour over 2 table-spoonfuls of rich cream, and cover the top with grated cheese. Bake for ten minutes, and serve with hot dry toast handed with it.

### Eggs in Batter. 481.

Poach 4 eggs, keeping them small and well together; plunge into cold water; mix together a little vinegar, a spoonful of chutnee, and some finely chopped sweet herbs. Take the eggs out of the water, and cover them with the mixture; let them remain in it nearly an hour, take them out and drain them. Make a good thick batter, dip each egg into it, and fry a good brown in boiling lard. Serve with fried parsley or with spinach.

### Fricassée Eggs. 482.

Boil 3 eggs hard; cut into slices. Take a teacupful of gravy or good stock, put into it a little minced parsley, a bit of chopped onion that has been boiled, a little butter, and thicken with cornflour; let it simmer till thick, then add the slices of eggs, with pepper and salt to taste, add 1 or 2 table-spoonfuls of cream; mix well, make it very hot, and serve. If required richer, the yolk of an egg can be mixed with the cream before that is added. The onion can be omitted if the flavour is disliked.

### Curried Eggs. 483.

Brown $\frac{1}{2}$ an onion, cut in thin slices, in some butter over the fire; add a teacupful of good stock, *and stir* in 2 teaspoonfuls of curry powder; simmer

till the onion is tender; mix 2 teaspoonfuls of cornflour with enough cold milk to make it into a thin paste, stir it into the curry, and boil till it thickens; have ready 2 hard-boiled eggs, cut into slices, add them, and heat all well, but don't let it boil after the eggs are added. Serve with fried pieces of toast, cut into pretty shapes, round the curry.

### Savoury Eggs. 484.

Boil 2 or 3 eggs very hard, throw them into cold water, take off the shell, and cut the eggs in two lengthways; take out all the yolk, but do not break the white; beat the yolk smooth, and mix it with cream, pepper, salt, butter, anchovy, chopped parsley, or anything of that kind; replace the mixture in the white, keep them warm; have ready a good white sauce to pour over them. Serve on buttered toast. All eggs requiring to be cut up after they are boiled hard should be thrown into cold water directly they are taken off the fire, and left till nearly cold.

### Forced Turkey Eggs. 485.

Boil gently for twenty minutes, in plenty of water, 4 turkey eggs; then put them into cold water. Take off the shell and cut in half, take out the yolks, pound in a mortar with 1½ oz. of butter, a little salt, nutmeg, cayenne, and mace; next add 1 raw hen's egg slightly beaten, the yolk of a second, or a little cream. Cut a small slice off the bottom of each piece of the white, so that it will stand, and when the other ingredients are well beaten, fill each white full and high, make it smooth, arrange the eggs on a dish, and put them into a gentle oven for ten to fifteen minutes. Serve at once; they can be put on rounds of buttered toast, to which a little anchovy paste can be added, or with gravy round.

### Œufs à l'Espagnole. 486.

Prepare eggs as in last recipe, only pound the whites with the yolks; butter some small tin cups, press the mixture into them, and bake for fifteen minutes; serve with espagnole sauce or with mushrooms in gravy.

### Œufs à la Viande. 487.

Boil 2 eggs very hard; take some cold veal or lamb, pass it through the mincing machine till very fine, adding gravy to make it the consistency of sausage meat. Mix into it some ketchup, grated lemon peel, pepper and salt, and the beaten yolk of an egg to bind it. Take the shell off the eggs, form the meat as firmly as possible with the hands, round the eggs until they are quite covered with it, wash them over with the yolk of an egg and dip them into bread crumbs; fry a nice brown in boiling lard, drain them, and cut very carefully in half. Serve with tomato sauce or spinach, turning them so that the inside of the egg is seen.

### Œufs au Fromage. 488.

Butter very well a flat dish, cover it well with grated cheese; let this melt a little in the oven; break 3 or 4 whole eggs carefully on to it, and return it to the oven till the whites are set; cover the eggs with more grated cheese, sprinkle pepper in between, add a few bread crumbs. Brown the top, and serve very hot.

### Anchovy Eggs. 489.

Boil 2 or more eggs hard, take off the shell carefully, and cut them lengthways. Have ready some *good* boned anchovies, warm them in a little oil, cut *them* in two long pieces. Place the eggs on hot

buttered toast, with 2 pieces of anchovy crossed over each piece of egg. Serve with a hot piquante brown sauce round. Recipe for Sauce, No. 269.

### Plain Toasted Cheese. 490.

Grate 1 teacupful of cheese, add 1 table-spoonful of milk, the yolk of an egg, and pepper to taste; beat together, put on toast, grate a little cheese over. Toast a nice light brown, and serve hot.

### Devilled Sardines. 490A.

Take 8 or 10 sardines, drain a little from the oil, cover with mustard and cayenne. Broil lightly, or fry in a little butter or oil. Serve on fingers of buttered toast.

### Caviare Fingers. 490B.

Butter some toast well, cut in fingers, cover each with caviare, sprinkle with cayenne, and serve very hot.

### Kedgeree. 491.

Have about 2 oz. of rice boiled and drained as if for curry. Take any cold fish, free from bones and skin, break it up into small pieces, and put it into a teacupful of white sauce (made with a dessert-spoonful of cornflour and about a ¼ of a pint of milk, boiled till thick); next mix in the rice, have an egg hard-boiled and cut up into dice, and stir it up with the fish and rice, adding pepper and salt to taste. Serve very hot.

### Œufs en Caisse. 492.

Take 2 oz. of butter, mix with it ½ a handful of bread crumbs, just warm the butter to make it mix, add a teaspoonful of finely-chopped parsley, salt, and cayenne pepper. Take 4 or 6 soufflé cases, butter them over at the bottom, put into each some of the mixture, break an egg into each, and cover with bread crumbs. Put them into the oven or before the fire to set; pass a salamander over, and serve.

### Œufs au Jambon. 493.

Boil 3 eggs hard. Grate 3 table-spoonfuls of ham or tongue; make a thick sauce with ½ a pint of milk, 1 oz. of butter, and a heaped dessert-spoonful of cornflour, well mixed and boiled together till thick. Butter a china dish, sprinkle it over with the grated ham, cut the eggs in slices, put a layer *of them* over the ham with pepper and a very little

salt, then a layer of the sauce; repeat the ham till you have used all the eggs, leaving the sauce at the top. Put it into the oven to brown a very little; it must be cooked in a shallow china dish.

### Buttered Eggs. 494.

Take a very clean and rather thick saucepan, put into it a bit of butter about the size of a small walnut, break in 2 or more eggs, and stir round and round over the fire until all is well mixed together, shake in a little salt and pepper, continue to stir until it is thick enough to stand. Serve hot, piled on buttered toast. Some add a dessert-spoonful of cream.

### Eggs. 495.

Take some of the little brown French cups, with handles to them; put into three or four of them a wee bit of butter, a dessert-spoonful of good cream, a little pepper and salt; next break a fresh egg into each cup, sprinkle a little cayenne at the top. Place the cups in a shallow pan of hot water until the eggs are cooked. Serve in the cups.

### Œufs à Mirror. 496.

Take 4 teacups, butter them, sprinkle over with chopped parsley, a grate of lemon peel, and a bit of onion, all mixed together; add pepper and salt. Break a fresh egg into each cup, steam them till they are set. Turn each out on a round of hot toast which has been spread with butter and anchovy paste.

### Breakfast Eggs. 497.

Have a flat dish which will stand the fire, melt about 1 or 2 oz. of butter on it, mix in pepper and salt, set it on the stove; when the butter is quite

hot, break in neatly 3 or 4 eggs, let them remain till they are quite set. Garnish between and round the eggs with little rolls of fried bacon, and serve.

### Fish Toast. 498.

Take the remains of any cold fish, pound well with butter, pepper, a pinch of mace, chopped onion, parsley, and salt; mix well with some cream. Warm it in a pan over the fire, stir in the yolk of an egg. Put it on to hot buttered toast, piled high, —it must be thick enough to stand—sprinkle over with bread crumbs, pour a little clarified butter on the top, and brown.

### Fried Patties. 499.

Mince a small piece of cold lean veal and 6 oysters together, mix with a few bread crumbs, salt, pepper, and a little grated lemon peel, add the liquor of the oysters, and mix in a spoonful or two of cream. Take some round pieces of bread, off a long French roll is best; cut each piece about one inch and a half thick, cut off the crust, and make a hole in the centre; either soak them in good gravy, or put butter over them and brown in the oven; put some of the oyster mixture into the hole, brush the whole over with the yolk of an egg, and make them very hot in the oven. Serve on paper.

### Kidneys in Batter. 500.

Make a thick batter, with flour, egg, and cream, and season it with pepper and salt. Cut up some mutton kidneys into rather thick slices; put 1 oz. of butter in a pan, let it get hot, put in the kidneys, let them simmer gently till a little browned, take them out, let them cool, then dip each slice into the *batter*, and fry in boiling lard, drain, and serve with *fried parsley*.

### Sausages. 501.

Take ¾ of a lb. of pork, 3 or 4 oz. of the fat quite free from skin and gristle, cut into small pieces, and pass once or twice through the mincing machine; spread it out on a board, add to it 3 oz. of fine bread crumbs, 2 saltspoonfuls of salt, 2 of pepper, 1 of mace, and ½ one of allspice; 2 of finely dried thyme can be added if the flavour is liked. Mix all well together with the hand, and pass it again through the machine; divide into sausages, skins are not necessary if made the day before using; roll, and flour a little, and fry a nice brown, but let them cook gently. They can be made into small cakes, brushed over with egg and bread crumbs before frying.

### Oyster Sausages. 502.

Take 2 dozen oysters, beard them, and rinse well in their own liquor, chop very fine, and mix with 5 oz. of bread crumbs and 3 oz. of finely chopped beef suet, add ½ a saltspoon of salt, ½ of pepper, ¼ of cayenne, nearly a whole one of pounded mace, and a little grated nutmeg; pass all this through the mincing machine once, and bind the whole with 1 egg or with the yolks of 2; put it on one side for two or three hours in a cool place to get firm. Flour the hands, and make up into sausages or cakes; flour, and fry in butter or lard. If preferred, they can be thrown into boiling water for three or four minutes, drained, left to get cold, then brushed over with egg and bread crumbs, and lightly broiled.

### Oysters à la Reine. 503.

Take a small oval tin about an inch deep, butter it well all over, and cover with bread crumbs. Have ready some good oysters, bearded and free from grit, *put a layer of oysters* over the bread crumbs, shake

in a little pepper, repeat the bread crumbs, with butter over them, and so on till the tin is full; pour the oyster liquor, strained, over, and have bread crumbs smooth at the top; pour clarified butter over; brown in the oven for fifteen to twenty minutes.

### Breakfast Patty. 504.

Take a calf's liver, as light in colour as it can be got, cut into pieces an inch square, add the same quantity of the fat, fry slowly with a little butter, a teaspoonful of salt, ½ one of pepper, a little parsley and onion, chopped fine, until the liver and fat are quite done. Drain off the fat, put all the rest into the mortar, pound very fine, and season highly. Bone and skin your game or rabbit, cut into tidy pieces, lay it at the bottom of a stew-pan with a little butter, let it simmer but not brown, season with cayenne, salt, pepper, and cloves. Take a deep patty or pie-dish, put a layer of the pounded liver at the bottom, then game, again liver, till the dish is full; the top layer should be liver. Put the dish into a stew-pan of water on the fire, cover the pan, and steam for two or three hours; when done squeeze all flat with a spoon, and when nearly cold pour melted butter over; leave to get cold. The top may be garnished with savoury jelly, and hard-boiled eggs cut up. Truffles may be added to the patty. Half a calf's liver and 1 pheasant is enough for a small patty. It will not keep very long.

### Breakfast Dish. 505.

Cut up into neat pieces any cold roast fowl; take a teaspoonful of raw mustard, and mix with enough olive or salad oil to fry the pieces of fowl; put the *oil and* mustard into the frying-pan, let it boil, put *in the fowl*, and cover with a plate; turn the pieces

in about five minutes or so and fry the other side. Serve on a very hot dish, with some nicely frizzled rashers of bacon between.

### Devilled Bones (Dry). 506.

Take the leg, back, or wing bones of turkey or fowl, score them a little with a knife, butter them well, then lay made mustard thickly over, sprinkle cayenne or common pepper on, and broil. Serve very hot.

### Devilled Bones (Wet). 507.

Take any legs or bones of cold fowl, turkey, or geese, butter them, mix together a dessert-spoonful of made mustard, chutnee, and curry powder; cover the bones thickly, and broil them slightly. Take a a teacupful of gravy, add to it a teaspoonful of sifted loaf sugar, $\frac{1}{4}$ of one of cayenne pepper, the juice of a lemon, $\frac{1}{2}$ a glass of sherry, and 2 or 3 teaspoonfuls of ketchup; warm all together over the fire; put in the bones for five minutes, and serve very hot.

### Chutnee Egg Toast. 508.

Take a nice slice of toast; mix together 1 teaspoonful of curry paste, chutnee, and 2 of butter; cover the toast with this and let it soak in, keep it warm, but don't let it harden. Put 1 oz. of butter into a saucepan, when warm break in 2 eggs, 1 table-spoonful of cream, a little salt and pepper; stir it over the fire till it is set, but not too thick, pour over the toast, and serve. Chutnee may be omitted, and a little chopped onion added if liked.

### Jambon à l'Anglaise. 509.

Scrape $\frac{1}{2}$ a lb. of lean ham and a $\frac{1}{4}$ of a lb. of fat;

add a small bit of pepper, and mix well with the yolks of 2 eggs; add 2 table-spoonfuls of bread crumbs; pile high on toast, brush over with the white of an egg, put a bit of butter on, and brown with a salamander.

### Fried Brains. 510.

Take the brains of sheep, lamb, or pig without breaking them; put them into warm water to blanch them. Put into a saucepan 2 or 3 small slices of bacon, a small onion, 2 cloves, 6 or 8 peppercorns, and ½ a pint of broth; put in the brains, and simmer gently three-quarters of an hour. Take them off the fire, and leave to get cold. Cut in slices, egg and bread-crumb them, and fry a light brown. Serve with fried parsley. They can also be broken up after they are simmered, mixed with a few bread crumbs, a little chopped parsley, and pepper. Bind with the yolk of an egg, make into small flat cakes, and fry.

### Potted Meat. 511.

Take 1 lb. of rump steak, or the same of the best part of veal; add a blade of mace, 8 peppercorns, some salt, a small piece of onion with 3 cloves stuck into it; put all into a brown jar with about ¼ of a pint of water, and a bit of shred suet on the top of the meat; tie paper over the jar, put it into a stew-pan of water, and let it simmer till the meat is tender, or the jar may be put in a moderate oven. When done enough, pass the meat, with a little of the broth, through the mincing machine, then pound in a mortar with 2 oz. of butter, a little more pepper and salt if necessary; press into small oval pots, and put clarified butter on the top, quite covering *all the meat*. Eaten cold.

### Raised Lark or Partridge Pie. 512.

Make a nice crust the same as for pork pie, Recipe No. 381. Bone as many birds as you require, put inside each a truffle and some forcemeat; lay them in the paste, filling up between with forcemeat, mixing that well in between and over the birds; put some butter on the top, then the paste. Bake two and a half hours.

### Forcemeat for Pie. 513.

Take ½ a lb. of liver and a little of the fat, brown a little in a frying-pan with butter, sliced onion, pepper, and salt; take out the liver. Take ½ a lb. of cold veal and 2 oz. of ham, add the liver, and cut all in small pieces; put them together through the mincing machine till they are thoroughly mixed, then pound in the mortar with 2 oz. of butter, some salt, pepper, cayenne, and any spice that is liked; mix with yolks of 2 or more eggs, and use. If stronger flavour is liked, anchovy, curry, ketchup, chutnee, and wine can be used, as liked. Double quantity would be required for a larger pie.

### Raised Pie without Crust. 514.

Bone and prepare a turkey or fowl, as given in Recipe 115; make a good forcemeat as for pie given above, only use 4 times as much of everything. After all is mixed, put it on the fire in a saucepan with the yolks of the eggs, a little cream, and a few spoonfuls of good stock; stir it till it is all well warmed through, then leave it till cold. Take the inside dish of a raised earthenware pie-dish, put in a layer of the forcemeat, then the boned turkey, with forcemeat all round it, adding truffles if liked; have good savoury jelly, hard-boiled eggs cut up, pieces of beetroot, and slices of cucumber cut thin, arranged on the top.

### Cold Ox-Cheek Pie. 515.

Wash an ox-cheek well in water, adding salt to the water; soak it for 1 hour. Put it into clean water in a stewpan, add 3 carrots, 2 turnips, head of celery, 20 peppercorns, salt, a bunch of sweet herbs, and about 2 quarts of water. Simmer till the bones can be removed. Take out the meat, pull off all the white skin from it, and leave it to become cold; return all the skin to the pot, let it boil till it is reduced to about a third, strain it, and flavour with pepper, salt, Worcester sauce, a little port wine, and anything else liked. Cut the meat into neat pieces, have 2 hard-boiled eggs ready, and some tender slices of ham; lay the cheek, ham, and eggs in layers in a pie-dish until it is full, adding more pepper if necessary; fill up with the stock, put a tin plate over it, and let it stand in a moderate oven for half an hour; it must not dry up at all; add a little more stock if necessary when done and while it is hot. Leave to become cold. Garnish with jelly, eggs, beetroot, etc.

### Cold Veal Cake. 516.

Take some tender, lean veal that has been roasted or stewed in good gravy; cut it into long slices about ½ an inch thick. Mix together some salt, pepper, cayenne, pounded cloves, mace, a little grated nutmeg, and rind of lemon; season each slice of veal with this. Boil 3 or 4 eggs hard, cut them into slices, and have slices of ham cut thin. Take an oval plain tin mould, butter it well; put in first a few pieces of the egg, but not quite to cover the whole of the tin, then add the veal, ham, and again eggs, until the mould is full; have ready some good stock which will jelly, or, if it won't, put ½ an oz. of Nelson's gelatine to it; fill up your mould with this, *tie a piece* of paper over, and bake in a moderate

oven for one and a half hour. Take off the paper, add more stock if necessary, put a weight on the top. When set, turn out and garnish with aspic jelly round.

### Dressed Cold Meat. 517.

Boil 4 eggs hard, put them into cold water when quite cold, chop the yolks fine; mince fine 4 eschalots, a few bits of parsley, tarragon, and chervil; mix the herbs and yolks together, add 2 table-spoonfuls of salad oil, salt and pepper to taste, and by degrees 3 or 4 teaspoonfuls of vinegar. Cut some neat slices of cold mutton or beef, put them on a dish, pour the sauce over; garnish with cucumber and the whites of the eggs.

### Dressed Grill. 518.

3 teaspoonfuls of made mustard, 1 of pepper, 1½ table-spoonful of Worcester sauce, 1½ of salad oil, a little onion sliced and fried in butter, salt to taste; mix all together. Cut some slices of cold meat, cover each well with the mixture, or let the meat soak in it for half an hour; put on the gridiron or frying-pan for a few minutes. Serve hot. Any other sauces liked can be added.

### Mayonnaise of Fowl. 519.

Wash 2 good lettuces, or any salad in season, and 4 spring onions; leave them in water for two hours. Boil 3 fresh eggs for fifteen minutes; when cold pound the yolks smooth with 1 teaspoonful of flour of mustard, 1 saltspoonful of salt; add the beaten yolks of 2 fresh eggs, pound till in a paste, then drop in by degrees 6 table-spoonfuls of salad oil, 3 teaspoonfuls of tarragon and 4 of common vinegar; stir till it is like thick cream. Put it in a cool place, or in ice for an hour. Cut about 10 oz. of cold boiled fowl into neat pieces, a quarter of an inch

thick and one and a half square. Wipe each piece of salad, and break it up into one inch pieces, cut the onions quite small. Put half your salad on to a deep dish, on that lay half the fowl, then half the sauce, then the remainder of the fowl and sauce; pile the salad on the top, sprinkle the onions over. Garnish with slices of cucumber and beetroot cut thin. The onion can be omitted if the flavour is objected to.

### Fish or Veal Mayonnaise. 520.

This may be made from any cold fish, game, or veal; the sauce need not be as rich as the recipe given above. 2 eggs and the yolk of 1 will make a good sauce, or, for a small dish, 1 hard-boiled egg will do; it can be served over the fish or meat, with a garnish of lettuce round. A piece of boiled salmon, not cut up, but cold, makes a nice dish with this sauce.

### Lobster Salad. 521.

Cut the lobster into neat pieces, mix up the soft part with pepper, mustard, and cayenne. Prepare a nice salad, put a little on a flat dish, and the soft part of the lobster in the centre of it; put the rest of the salad all round, with the pieces of lobster mixed in with it; pour over the whole the cold Piquante Sauce given in Recipe No. 281, and garnish with the small claws of the lobster.

### Dressed Crab. 522.

Pick the crab quite free from the shell, mince it a little. Take ½ a teacupful of cream, 3 oz. of fresh butter, the yolks of 2 eggs well beaten up, salt, cayenne, mace, to taste; put all together into a pan, stirring it constantly till it boils, then mix up the *crab with* it; leave to become cold. Lay it in the

shell, garnish with parsley, radishes cut in small pieces, and the crab's claws.

### Prawns in Aspic. 523.

Have some small paper cases; cut very finely a little lettuce or cress, put some into the bottom of each case, then a layer of aspic. Have some fine prawns ready picked, taking care to keep the heads unbroken. Put 2 or 3 prawns into each case, then a little more salad, a spoonful or two of good thick salad mixture; fill up with aspic. Take 2 heads of prawns, and stick them into the aspic in the top of each case; they must stand up above it. Sprinkle round with a little of the spawn, if there is any.

### Salad Eggs. 524.

Take 4 hard-boiled eggs, cool them in cold water, take off the shells, cut a large piece off the top of each, take the yolks carefully out, mix them into a paste with butter, cream, mustard, red pepper, salt, and anchovy paste. Press the mixture into the whites again; have ready a nice dish of salad, lay the eggs amongst the green. Garnish with radishes, beetroot, and small spring onions; pour over all a good salad mixture made from Recipe No. 285.

### Brioche de Fromage. 525.

1 lb. of flour, to which put 2 teapoonsfuls of Borwick's baking powder, rub in 7 oz. of butter and 4 oz. of grated cheese, cayenne, pepper, salt if required, and a teaspoonful of made mustard; mix all very well, beat up 4 eggs, mix well in, beating it up. Place in buttered tins and bake at once in a rather quick oven. If preferred, only half the cheese can be grated, the rest being cut in small dice. Very good for luncheon.

thick and one and a half square. Wipe each piece of salad, and break it up into one inch pieces, cut the onions quite small. Put half your salad on to a deep dish, on that lay half the fowl, then half the sauce, then the remainder of the fowl and sauce; pile the salad on the top, sprinkle the onions over. Garnish with slices of cucumber and beetroot cut thin. The onion can be omitted if the flavour is objected to.

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This may be made from any cold fish, game, or veal; the sauce need not be as rich as the recipe given above. 2 eggs and the yolk of 1 will make a good sauce, or, for a small dish, 1 hard-boiled egg will do; it can be served over the fish or meat, with a garnish of lettuce round. A piece of boiled salmon, not cut up, but cold, makes a nice dish with this sauce.

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Have some small paper cases; cut very finely a little lettuce or cress, put some into the bottom of each case, then a layer of aspic. Have some fine prawns ready picked, taking care to keep the heads unbroken. Put 2 or 3 prawns into each case, then a little more salad, a spoonful or two of good thick salad mixture; fill up with aspic. Take 2 heads of prawns, and stick them into the aspic in the top of each case; they must stand up above it. Sprinkle round with a little of the spawn, if there is any.

### Salad Eggs. 524.

Take 4 hard-boiled eggs, cool them in cold water, take off the shells, cut a large piece off the top of each, take the yolks carefully out, mix them into a paste with butter, cream, mustard, red pepper, salt, and anchovy paste. Press the mixture into the whites again; have ready a nice dish of salad, lay the eggs amongst the green. Garnish with radishes, beetroot, and small spring onions; pour over all a good salad mixture made from Recipe No. 285.

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### Egg Sandwich. 526.

Boil some fresh eggs hard, leave in cold water till quite cold. Pound the yoke and white together in a mortar, mixing in salt, pepper, and cayenne to taste. Cut bread and butter thin; a rasped roll is the best, spread the egg mixture on, pressing it well with a knife, put another piece of bread and butter over and press well. A little butter can be pounded with the eggs. Excellent.

### Egg and Salad Sandwich. 527.

Cut the eggs after boiling into slices, cut up some small salad, such as mustard, cress, watercress, and bits of crisp lettuce very small; lay a layer of egg, salt, and pepper, then a layer of salad between the bread and butter; press very tight. Ham or tongue may be used instead of eggs.

### Cucumber Sandwich. 528.

Cut cucumber very thin, let it stand for an hour in some good white vinegar with pepper and salt. Shake it out, or drain a little; lay the pieces rather thick between brown or white bread and butter. Very cool in hot weather. This sandwich can be cut the size of one round of cucumber.

### Anchovy Sandwich. 529.

Spread bread with butter, then with Burgess's anchovy paste, cover with bread and butter, cut neatly; serve on paper. Very good with coffee at 5 o'clock tea.

### Salad Sandwich. 530.

Bread and butter cut thin off a French roll, cut up mustard and cress a little, or cress alone; add salt and a little pepper if only cress is used.

### Grouse Salad. 531.

Roast a young grouse; when cold cut up in neat pieces. Have ready some good crisp lettuce, mustard and cress, or any nice salad; put it on a dish, laying the pieces of grouse in the centre, and 2 or 3 hard-boiled eggs cut into pieces lengthways. Put into a basin the raw yolks of 2 eggs; add to them by degrees, stirring all the time, 3 table-spoonfuls of salad oil, 1 teaspoonful of finely chopped shallot, 1 of parsley, 2 of sugar, ½ one of salt, ¼ one of pepper, 2 table-spoonfuls of chili vinegar, and last thing add nearly ½ a pint of whipped cream; pour over the salad just before serving.

### Oyster and Caviare Sandwich. 531a.

Cut thin slices of brown bread and butter, cover one piece thinly with caviare, then put on some whole fresh oysters; cover with the other piece of bread and butter, and form into a sandwich. In making these, the oysters must not be cut, and there should be about 2 in each sandwich. Serve on cut paper.

### Paté de Fois Gras Sandwich. 531b.

Scoop out the inside of small French rolls, about 2½ inches long and 1 inch thick; cut holes at both ends, fill them with pâté de fois gras, minced game, ham, and truffles, add pepper and a little cream; mix well, and stuff the rolls. Serve cold on cut paper.

### Forcemeat for Veal or Turkey. 532.

Take 4 oz. finely grated bread crumbs, ¼ of an oz. of chopped parsley or mixed herbs; grated rind of ½ a lemon, ½ teaspoonful of salt, ¾ of one of pepper, 1½ oz. of butter; mix all well together, and bind *with the yolk of* an egg.

yolks, pound, and mix smooth with the yolk of a raw egg; add salt and cayenne. Roll into very small balls and throw into boiling water for two minutes; if too soft, about ½ a teaspoonful of flour may be mixed with the yolks.

### Savoury Jelly. 542.

Take 1 pint of very good highly-flavoured stock, or any good clear soup, add to it 1 table-spoonful of tarragon vinegar, 1 wineglass of sherry, and 1 table-spoonful of mushroom ketchup. Put ½ an oz. of Nelson's gelatine to soak in a little cold water for two hours; boil the stock, and when quite boiling stir in the gelatine. If not sufficiently flavoured, add more wine or ketchup. Let it cool a little, then stir in the beaten whites of 2 eggs and the shells; stir well round, set it on the fire, let it boil till the scum rises, move it gently off the fire, and leave it to stand while you put your jelly-bag into boiling water; squeeze it dry, hang it near the fire, and pass your jelly gently through the bag. When nearly cold, pour it on to soup plates, and cut into shapes when wanted for use; or it may be broken up with a fork to look rough. 1 egg will clear a pint.

### Aspic Jelly. 543.

Take 4 lbs. of shin of beef, cut all the meat off in small pieces, break up the bones a little. Put into a stewpan 2 oz. of butter, let it melt, add 2 onions sliced, a slice or two of ham, and the meat; stew all gently until the meat is brown, add the bones, 2 veal bones, and any bones or scraps of game or poultry; pour on to this 2 quarts of hot water, add 2 carrots, celery, 4 cloves, a bit of mace, a dozen peppercorns, and salt. Bring it to a boil, then simmer for three hours, reducing it to half; strain and leave till cold. The bones, etc., may have 3 pints

of cold water put to them and be boiled again for common soup or stock. When the jelly is quite cold, remove every bit of fat and put all the clear part into a clean saucepan. If not stiff enough, add 1 oz. of Nelson's gelatine as directed in the last recipe. Warm the jelly, add 1 or 2 table-spoonfuls of tarragon vinegar, 1 teaspoonful of chili vinegar, a glass of white wine, 2 table-spoonfuls of mushroom ketchup and 1 of Worcester sauce, more salt if required. Beat up the whites of 2 eggs well, take your whisk and whisk them well into the jelly; continue to do so until it boils; boil for five minutes, strain through a jelly bag. It should be perfectly clear and bright, it looks well round salads, broken up with a fork quite small, to look like bits of gold. Colouring can be used if required.

### Soles in Aspic. 543A.

Boil a sole in salt and water, about 1 oz. to a quart of water; drain and leave till cold, then cut it off the bones in fillets; divide the fillets into pieces about 2½ inches long by 2 wide; dry them very well in a cloth, then lay them flat on a dish, but not touching each other, and cover them with liquid aspic jelly; some should also be put on the dish before the pieces of soles are, and allowed to set. When all is quite cold and set, cut them out, leaving a little jelly all round each piece. Serve with salad or cucumber.

## BREAD SCONES, Etc.

My remarks on bread, also all my recipes for making it, scones, tea cakes, etc., will be entirely in favour of the use of Yeatman's yeast powder. For bread, in my opinion, it is better than anything else. It is perfectly wholesome, the bread is very quickly made, and if properly mixed no one can say a word against the goodness of it. We tried yeast formerly; either it was too bitter, or it would not rise, or in summer it was not to be had; then German yeast, but I never cared for that. We have had no complaints since we began Yeatman's yeast powder. Many of my friends remark, "What good bread you have; how do you make it?" My answer is, "With Yeatman's yeast powder, to be got at all the stores." A cook on first using it is apt to make the bread too close, because she will not put enough water to the flour; that is one great point, also it must be very lightly mixed, and at once put into a hot oven. The oven should be brisk at first, to allow the bread to rise, then slower after, to bake it. The yeast powder is spoken of as "the perfection of baking powder;" and for bread, I am quite sure there is nothing equal to it, although for fancy bread and cakes we also use a good deal of Borwick's powder, which is extremely good for cakes, and which I can also strongly recommend to any young housekeepers; but Yeatman's only will answer for bread. I propose giving a few of his recipes, copied from a small book I have, and which *we have* tried and found to be excellent. One heaped *teaspoonful* of it should be allowed to every pound

of flour. It will also be found to make pastry lighter; and a teaspoonful of it will save an egg in plum, suet, and other puddings. Remember always to mix it dry into the flour first.

### Bread. 544.

5 lbs. of flour, 5 to 6 teaspoonfuls of Yeatman's yeast powder, 2 to 3 of salt; mix this well with the flour, then add 2½ pints of cold water, mixing it in lightly and by degrees with the hand until all the flour is taken up. Turn it out on your board, the dough requires very little kneading; cut it with a knife into four equal-sized pieces, make them up into round or cottage loaves, put on to a baking-tin, and place at once in a hot oven. When fully risen, open the oven door for a moment to let off the steam. These loaves will take about one hour and ten minutes. The oven can be a little cooler after the bread has risen.

### To Bake a Tin Loaf. 545.

Take 3 lbs. of flour, put into it 3 good large teaspoonfuls of yeast powder, and 1 to 2 of salt; mix with 1½ pint of cold water as directed above; flour a tin mould, and put in your bread. This will make two small loaves; and for any one who has not been used to making bread in this way it is the easiest to commence with, as cooks are inclined at first not to put in the full quantity of water. The 3 lbs. of flour is easier to work up than the 5 lbs.

### Brown Bread. 546.

This is good made with the brown flour; but many prefer the "whole wheaten flour." Take 1 lb. of the flour, add 1½ teaspoonful of Yeatman's yeast powder, ½ a teaspoonful of salt, and nearly ¾ of a *pint of water.* As this flour is rather dry, some

prefer about 2 oz. of lard rubbed into it first. It should be baked in rather a hot oven for about fifty minutes.

### Dinner Rolls (Yeatman's). 547.

1 quart flour, 1 teaspoonful sugar, 1 teaspoonful salt, 2 teaspoonfuls Yeatman's yeast powder, 2 table-spoonfuls of lard, ¾ of a pint of milk. Mix together flour, sugar, salt, and powder; rub in the lard, add the milk, and mix into a smooth, rather stiff dough. Flour the board, turn the dough on to it, give it two or three quick kneadings to complete its smoothness; roll out half of it at a time with the rolling-pin, very thin, cut it in 3-inch strips, roll the strips up tight, they should be the thickness of a lead pencil. Flour a tin well and bake in a pretty hot oven from eight to ten minutes. The rolls should be crisp, but not dark in colour.

### French Rolls (Yeatman's). 548.

1 quart flour, 1 teaspoonful salt, 2 of Yeatman's powder, 1 table-spoonful of lard, nearly 1 pint of milk. Mix flour, salt, and powder well, rub in the lard, add the milk, and mix into rather a firm dough. Flour the board, turn out the dough, knead a little to render it quite smooth. Divide into pieces the size of an egg, and make up into shapes. Bake in a hot oven fifteen minutes.

### Sally Lunn Muffins (Yeatman's). 549.

1 quart flour, 1 table-spoonful sugar, 1 teaspoonful salt, 3 teaspoonfuls Yeatman's yeast powder, 1 table-spoonful of lard, 1 egg, 1½ pint of milk. Mix together flour, sugar, salt, and powder, rub in the lard, *beat the egg*, add it to the milk; mix into a firm *batter, butter* some muffin tins or rings, half fill *them. Bake* in a hot oven fifteen minutes.

### Scotch Scones (Yeatman's). 550.

1 quart flour, 1 teaspoonful sugar, ½ teaspoonful salt, 2 teaspoonfuls Yeatman's yeast powder, 1 large table-spoonful lard, 2 eggs, nearly 1 pint milk. Mix flour, salt, sugar, and powder; rub in the lard; beat the eggs, add them with the milk, mix into a dough smooth and just consistent enough to handle. Flour the board, turn out the dough, give it one or two quick kneadings to complete its quality; roll it out with the rolling-pin to rather less than half an inch thick, cut out with a sharp knife into squares, fold each in half to form three-cornered pieces. Bake on a hot griddle about eight to ten minutes, brown on both sides.

### Breakfast Bread. 551.

1 lb. flour, 1 oz. lard, 2 teaspoonfuls Borwick's baking powder, ½ a teaspoonful of salt, 1 teaspoonful of sugar, 2 tumblers of milk. Mix the powder, sugar, and salt into the flour; rub in the lard, add the milk, flour your board, and turn the dough on to it; knead it a little to make it smooth, cut into shapes; it may be made into small twists; 3 long pieces plaited together, then cut into about 3-inch lengths or like very small cottage loaves. Bake fifteen to twenty minutes on floured tins in a rather hot oven.

### Scones, or Dinner Rolls. 552.

1 lb. fine flour, 2 teaspoonfuls heaped up of Borwick's baking powder, ¼ of a teaspoonful of carbonate of soda, ½ teaspoonful salt, mixed with the flour; rub in 1 oz. of butter, beat 1 egg, and add it to 3 gills of milk; mix all well, turn the dough on to a floured board. Make it up, if for scones, into round cakes about half an inch thick and the size of a small breakfast plate; mark them across twice, so as to break into four pieces when baked. If for

dinner rolls, make up into small cobs. These must all be fingered very little and very lightly.

### Five o'Clock Tea Scones. 553.

1 lb. of flour, 6 oz. butter, 2 teaspoonfuls Borwick's baking powder, ½ a pint of milk, ½ teaspoonful of salt, 2 eggs. Mix the powder and salt into the flour, rub the butter well into the flour, beat up the eggs and add them with the milk, turn it on to a floured board, and make into a light dough; give it one roll with the rolling-pin very lightly, letting it be about half an inch thick. Cut with a round cutter about the size of a saucer, and mark across each twice with a knife, so that they will break into four pieces when baked. Bake on floured tins, from fifteen to twenty minutes, in a rather hot oven. Directly they are taken from the oven, cut them open, put plenty of butter on, place the pieces together again, and serve hot. Half this quantity makes a good plateful.

### Good Scones. 554.

1 lb. of flour, 2 teaspoonfuls of Borwick's baking powder, and a little salt mixed into the flour dry; rub in 2 oz. of butter. Beat up 1 egg well, add to it ½ a pint of water, then well mix all together. Bake at once in a quick oven or on a girdle. This will make eight scones. Milk can be used if preferred to water.

### Tea Cakes. 555.

1 lb. of flour, 2 teaspoonfuls of Borwick's baking powder, 2 teaspoonfuls of sifted sugar mixed into the flour; rub in 2 oz. of butter, add 4 oz. of sultanas or currants. Beat up 1 egg well with ½ a pint *of milk.* Form into tea cakes, bake at once in a *quick oven.* These are best buttered hot.

## REMARKS ON CAKES, BUNS, ETC.

ONE great point in making cakes is, to have all your ingredients of the best:—fresh butter, fresh eggs, fine flour well dried, sugar carefully sifted, and in many cases warmed; fruit well cleaned; all big raisins stoned, stalks removed; currants well washed, dried, and rubbed in a clean cloth, picking out all hard or dry bits from them. Salt butter is frequently used for cakes, because it is rather lower in price; but it will often prove dearer in the end by spoiling your cake. If you are not sure about the freshness of your eggs, break each one in a cup first, as one bad egg will spoil a whole batch of cakes. My recipe for preserved eggs is most useful for eggs required for cake-making. Sound fresh eggs put into the lime in May, when they are at their cheapest, will be quite fresh for all cooking purposes in December, when eggs are at their dearest. I wish strongly to recommend the use of Borwick's baking powder for cakes. A teaspoonful put into the flour dry will save an egg in most cakes; even sponge cakes are lighter for a little of it. No good housekeeper should ever be without it.

### RICH PLUM CAKE. 556.

1 lb. fresh butter, 1 lb. moist sugar, 1½ lb. dried flour, 2 lbs. currants, 1 lb. sultana raisins, ½ a lb. citron and candied peel cut in pieces, 2 oz. sweet almonds blanched and chopped, ½ an ounce of mixed spice, 1 wineglass of brandy, 10 eggs. Beat the butter to a cream, add the sugar, beat the yolks of

the eggs, add them with the spice and brandy; beat the whites to a stiff froth, add them next, then the flour, peel, fruit, almonds, etc.; beat all very well until all the flour and fruit are in, beating well all the time until it is perfectly mixed.

### Tennis Cake. 557.

6 oz. butter, 6 oz. sifted sugar, 10 oz. flour, 4 eggs, 6 oz. of raisins stoned and chopped fine, ½ lb. currants, ½ lb. sultana raisins, 4 oz. candied peel and citron cut in pieces, 2 oz. almonds blanched and cut small, 1 teaspoonful of Borwick's baking powder. Beat the butter to a cream with the hand, add the sugar, then the eggs well beaten, next the flour with the baking powder mixed into it, then the fruit, peel, etc. Mix all very well and smooth. Butter some paper, put it round and at the bottom of a tin mould, put in the cake. Bake one and a half to two hours in a moderate oven.

### Almond Icing for Tennis Cake. 558.

4 oz. almonds blanched and pounded in a mortar, 4 oz. sifted sugar; mix well with the almonds, then bind with the yolks of 2 eggs; set it in a cool place. When the cake is baked, put on the icing, and leave it in a cool oven for about ten minutes.

### Sugar Icing for Tennis Cake. 559.

Beat 1 white of egg to a stiff froth, add about 6 oz. of sifted sugar, beat well, pour over the cake while hot, and dry it for two hours in a very cool oven. It must not brown a bit. This quantity will cover the top of a cake made from the Tennis *Cake* recipe. Double quantity will be required to *ice the cake* all over.

### Madeira Cake. 560.

4 eggs, ½ a lb. of flour, ¼ of a lb. of butter, ½ lb. loaf sugar sifted, 2 teaspoonfuls of Borwick's baking powder mixed dry in the flour, ½ a lb. of currants and sultanas mixed, 1 oz. of candied peel cut up. Beat up the butter, add the sugar, then beat in the eggs one by one; then gradually add the flour, beating all the time, then the fruit and peel, still beating all the time. Bake from one and a half to two hours in a moderate oven. The oven should be rather hotter when the cake is put in, or the raisins will sink to the bottom.

### Good Plain Plum Cake. 561.

1½ lb. flour, into which sift 3 large teaspoonfuls of Borwick's baking powder, and ½ a teaspoonful of salt. Rub into the flour ½ a lb. of good lard, then mix in 6 oz. of moist sugar, ½ a lb. of stoned raisins pulled in two, ½ a lb. of currants, 2 oz. of citron cut up, 2 oz. of almonds blanched and cut. Beat up three eggs, mix with them ½ a teacupful of milk and mix well with the other things. Bake in a buttered tin in a moderate oven for two hours.

### German Cake. 562.

2 lbs. of flour with 3 teaspoonfuls of baking powder in it, ½ a lb. of butter, 1½ lb. of raisins stoned and cut in pieces, ½ lb. currants, 5 eggs, 4 oz. citron and peel, ¼ of a nutmeg grated, ½ the peel of a lemon grated, a pinch of cloves, and ¾ of a lb. of moist sugar. Rub the butter into the flour, add the sugar, fruit, citron, spices, etc. Beat up the eggs and mix well until all is quite smooth. Bake two hours.

### Stranger's Cake. 563.

Take 1 lb. of flour, 1 lb. of rice flour or very fine

ground rice, mix together and put into it 3 heaped teaspoonfuls of Borwick's baking powder; rub into the flour ½ a lb. of good lard or butter; add ½ lb. currants, ½ lb. sultanas, ½ lb. moist sugar, and 2 oz. candied peel. Mix all very well. Beat up 2 eggs with a very little milk, about 2 or 3 tablespoonfuls, add to the above and beat all up well. Bake immediately in a moderate oven for 2 hours. Half this quantity makes a small cake.

### Soda Cake. 564.

1 lb. of flour, ¼ lb. of butter rubbed into it, ¼ lb. sugar, ¾ of a lb. of sultanas and currants mixed, 2 eggs, 1 teaspoonful of carbonate of soda dissolved in 1 gill of milk; the milk must be just warm, and the soda should be mixed quite smooth in a little of it first. Mix all well together. Bake immediately in a pretty good oven for one and a half to two hours. If wished plainer, more milk and only 1 egg can be used.

### Luncheon Cake. 565.

1 lb. of flour, 2 teaspoonfuls of Borwick's baking powder, and ¼ of a teaspoon of salt well mixed with the flour, ¼ of a lb. of sifted sugar; rub in ¼ of a lb. of butter, add 6 oz. sultanas, 2 oz. of currants, and 1 oz. candied peel. Beat up 2 eggs, mix them with ½ a teacupful of milk, add them to the rest and mix all very thoroughly. Bake in a good oven for one hour and a half

### Christmas Cake. 566.

Half a lb. of butter, ½ lb. sifted loaf sugar; beat them with the hand to a cream, then add 4 eggs, one at a time, beating all the time; next mix in *lightly* 1 lb. of fine flour having previously mixed *into it* 2 teaspoonfuls of Borwick's baking powder;

then mix in 1 lb. of sultanas, ½ a lb. of currants, and a little chopped almond. Mix all very lightly, and bake in a rather quick oven. This cake can have icing on the top; also the almond icing, as in the recipe given for the Tennis Cake.

### Excellent Plain Cake. 567.

1 lb. flour, ½ lb. moist sugar, 6 oz. butter, 3 eggs, ¼ of a pint of milk, 2 dessert-spoonfuls of Borwick's baking powder, 6 or 8 drops of essence of lemon. Mix the flour after warming it with the powder, rub in the butter and sugar. Beat the eggs with the milk and mix all together with a spoon. About one hour will bake it.

### Seed Cake. 568.

1 lb. of butter, 10 eggs, leaving out 6 of the whites, 1 lb. crushed loaf sugar, 1 lb. of flour. Beat the butter to a cream, add the sugar, beat again, then beat in the eggs; adding the flour and caraway seeds to taste last of all. Mix all very well and bake in rather a hot oven one hour and a half.

### Plain Seed Cake. 569.

1 lb. of flour, 1 heaped teaspoonful of Borwick's baking powder, 4 oz. of butter or lard rubbed into the flour, 4 of moist sugar, 3 well-beaten eggs, caraway seeds to taste. Bake in a moderate oven. More baking powder can be used, only 1 egg, and a little milk, if preferred.

### Sponge Cake. 570.

Take 12 eggs, take the weight of 6 in fine dry flour, of 10 in finely sifted loaf sugar. Place the flour and sugar on separate plates, and put them where they will get quite warm. Divide the whites from the yolks of the eggs; these must each be beaten

at the same time by two people for 15 minutes, then put together and beaten again for 10 minutes; add the sugar next, by degrees, beating all the time, then the flour; continue to beat until all is quite smooth, and fill hot buttered tins three parts full. This quantity will make 3 or 4 cakes; they should be baked in a very even oven. A brick oven is best after the bread has been drawn.

### Small Sponge Cakes. 571.

4 eggs, sifted loaf sugar to the weight of the 4 eggs. Beat the eggs a little, then put in the sugar and beat the two together for a quarter of an hour. Add the flour next, which must be equal to the weight of 2 of the eggs. Beat all again for ten minutes; bake in small tin cups, which should be buttered and sprinkled with white sugar. Flavour with a few drops of esssence of lemon. This quantity will also make one good cake; baked in a buttered tin with a paper round the top outside the tin; and baked in a moderate oven three-quarters of an hour.

### Sponge Cake, No. 2. 572.

2 fresh eggs beaten to a froth, $\frac{1}{4}$ of a lb. of sifted loaf sugar added, beat smooth, then put in 3 oz. of fine flour; beat all very well. Bake in a warm buttered tin thirty-five minutes in a moderate oven. This can be made into penny sponge cakes, if you have tins that shape.

### Lemon Cake (Plain). 573.

1 lb. of flour, 2 teaspoonfuls Borwick's baking powder mixed well with it, also a pinch of salt, 6 oz. of lard or butter, rubbed well into the flour. The grated rind of 1 lemon, and the juice strained; $\frac{1}{4}$ of a lb. of moist sugar, 2 eggs. Put into a buttered tin, and bake.

### Rice Cakes. 574.

6 oz. butter beaten to a cream, add 6 oz. of sifted sugar, then beat in 3 eggs, add ½ lb. of fine flour, ½ lb. of ground rice, 6 oz. of currants, and a little essence of lemon. Dropped on floured baking-tins, or baked in buttered tin moulds in a hot oven. If baked in moulds, 2 eggs will be enough.

### Rich Rice Cakes. 575.

10 eggs, weight of 8 in sifted sugar and in rice flour. Beat the eggs and sugar well, then add the rice flour. Bake in small buttered cups about fifteen to twenty minutes. All cakes can be tried in baking by putting a thin skewer into them; if it comes out clear, the cake is done.

### Small Plum Cakes. 576.

6 oz. of butter, beat to a cream, 6 oz. of sugar, 2 eggs; beat all well together, add about 1 dessert-spoonful of brandy. Have ready 1 lb. of fine flour warmed, mix with the above by degrees; add ½ a lb. of currants, a little nutmeg. Drop them about the size of a walnut on floured tins. Bake twenty minutes.

### Small Mixed Cakes. 577.

Beat 1 lb. of butter to a cream, add 1 lb. sifted loaf sugar; beat 5 eggs well, add to the sugar and butter, and mix in 1½ lb. of flour warmed; beat all quite smooth. Divide into three parts: in one, put currants; in another, chopped and blanched almonds; and in the third, citron. Drop on to baking tins about the size of a two-shilling piece. Place a piece of citron and a piece of almond on the cakes that are mixed with these. Bake in rather a *hot oven a light* brown.

### Shrewsbury Cakes. 578.

Beat ¾ of a lb. of butter; add 3 well-beaten eggs, then 1 lb. of loaf sugar sifted. Continue to beat till it looks very white and curdling; mix in by degrees 1½ lb. of fine dry flour warmed. Put it on to your paste-board, which must be well floured; roll out thin, cut into cakes with a small round cutter. Bake on floured tins in a slow oven a very pale brown. If not dry enough to roll, a little more flour can be shaken in, but not more than is really found necessary. These cakes mix very well for dessert with the recipe before this, No. 577.

### Devonshire Cakes. 579.

One lb. of flour, mix with it 1 big teaspoonful of Borwick's baking powder, and 1 saltspoonful of carbonate of soda; rub in 6 oz. of butter, 6 oz. of loaf sugar, ¼ of a lb. of currants, 2 oz. of sultanas, 2 oz. of candied peel, a little essence of lemon, 2 eggs beaten, and just enough milk to make it into a stiff paste. Drop on to baking-tins well floured, and bake in a moderate oven.

### Gingerbread Cakes. 580.

Take 2 lb. of flour, mix into it 1 heaped teaspoonful of Borwick's baking powder, and 2 oz. of powdered ginger. Rub in 1 lb. of lard. Dissolve in a teacup of milk ½ a teaspoonful of carbonate of soda; beat up 3 eggs, and add to them 1 lb. of treacle, beat these up well with the milk and soda. Put ½ a lb. of moist sugar to the flour and lard, then beat in well the milk, eggs, and treacle, until all is perfectly smooth and well mixed. Butter tin moulds, and bake in a moderate oven one hour and *a half*. This quantity will make two or three *cakes*.

### Gingerbread Nuts. 581.

Half a lb. of butter rubbed into 1½ lb. of flour, ½ lb. of sugar, ¾ of an oz. of fine powdered ginger. Mix well with 10 oz. of treacle. Make into a stiff paste, drop in buttons on baking-tins. Bake in a moderate oven.

### Drayton Gingerbread. 582.

2 lb. of flour, 2 lb. of brown sugar, 14 oz. of butter rubbed into the flour, 2 oz. of ginger, 3 eggs beaten and put into 1 lb. of treacle. Mix all well together, and bake in long thin fingers on tins. It is best pushed through a small tube on to floured baking-tins.

### Honeycomb Gingerbread. 583.

Half a lb. of flour, ½ a lb. of sugar, ¼ of a lb of butter, ½ an oz. of ginger, and a little lemon-juice, enough treacle to form into a paste; roll out, and cut with a round cutter. Bake in a hot oven on baking-tins for ten minutes. Roll up while hot like wafers.

### Thin Ginger Cakes. 584.

One lb. of flour, 1 lb. of loaf sugar, 1 oz. of powdered ginger, a little brandy, and 2 table-spoonfuls of water. Mix well, roll very thin; cut into shapes, and bake in a moderate oven.

### Oswego Cakes. 585.

Six oz. oswego, 4 oz. loaf sugar, 3 oz. butter, the yolks of 2 and the white of 1 egg. Beat the butter, add the sugar, oswego, and the eggs beaten. Bake in buttered patty-pans in a moderate oven. A few sultanas many be added if liked. These cakes made plain are *good* with stewed fruit for luncheon.

### Rock Cakes. 586.

Dry 1 lb. of flour, mix into it 1 teaspoonful of Borwick's baking powder; rub in ½ a lb. of butter, ½ a lb. of sifted sugar, ½ lb. of currants, flavour with lemon. Beat 3 eggs, mix well; make into shapes like rocks with two forks. Place on floured baking-tins, and bake a pale brown.

### Sweet Biscuits. 587.

Take 1 lb. of flour, add 1 teaspoonful of Borwick's baking powder; rub in 2 oz. of butter, add 2 oz. of sifted sugar. Take the yolks of 2 eggs, beat them, and add them to ½ a teacupful of cream. Mix all into a stiff paste. Put it on the table, and beat it well with a rolling-pin for five minutes. Roll out rather thin. Cut into shapes with a cutter, and bake.

### Thin Water Biscuits. 588.

One lb. of flour, 2 table-spoonfuls of fine sugar, 2 table-spoonfuls of cream, a bit of butter the size of a walnut. Rub the butter into the flour, add the sugar and cream; make into a stiff paste with cold water. Roll as thin as a wafer, cut with a small round cutter, and prick each biscuit all over with a fork. These biscuits are best if they are beaten well with the rolling-pin for fifteen minutes before being rolled out. Bake in a moderate oven a pale brown.

### Short Sugar Cakes. 589.

Rub a ¼ of a lb. of butter into ½ a lb. of flour; mix in a ¼ of a lb. of sifted sugar, and a few currants. Moisten with the yolk of an egg; mix *together*. Roll as little as possible, leave it rather *thick*. Cut in shapes, and bake in a quick oven.

### Cocoanut Biscuits. 590.

Grate the cocoanut, and dry it on sheets of paper before a slow fire. Beat the whites of 2 eggs into a stiff froth; add 5 oz. of sifted loaf sugar, 6 oz. of the grated cocoanut, and 1½ oz. of cornflour; beat all well together. Drop the cakes on a sheet of buttered white paper, and bake in a slack oven. They should be stiff enough not to spread in the oven. A little more cornflour can be added if needed.

### Chocolate Cakes. 591.

Take ½ a lb. of flour, ¼ of a lb. of butter, ½ a lb. of sifted sugar, 6 oz. of grated chocolate, a tablespoonful of brandy, and 2 eggs. First rub the butter into the flour, add the sugar; next beat separately the yolks and whites of the eggs, then beat them together. Add them to the flour, etc., and beat all for five minutes. The brandy is best mixed with the eggs. Mix in the chocolate; beat all smooth, and drop on floured tins. Bake in a hot oven.

### Raspberry Cakes. 592.

Stew fresh raspberries, strain off the juice; to every lb. of fruit put 1 lb. of sifted loaf sugar and the whites of 2 eggs. Beat this mixture for half an hour; drop it on writing-paper, and dry the cakes well in a cool oven. They must be kept in a dry warm place. Plums and apricots can be made into cakes of the same kind.

### Orange and Lemon Cakes. 593.

Take 3 of either sort of these fruits, grate the rinds; add a little of the juice, 1 lb. of sifted loaf sugar, a ¼ of a lb. of sweet almonds blanched and pounded, the whites of 2 eggs beaten to a froth, and a teaspoonful of cornflour. Beat all well in a mortar for fifteen minutes. Bake as above.

### Scotch Short Cakes. 594.

1 lb. of butter beaten with the hand to a cream until it is very soft; add to it ½ a lb. of sifted sugar, and 2 lbs. of well-dried flour. Cut 2 oz. of citron and 2 oz. of blanched almonds into pieces; add them to the flour, etc.; mix it well with the hand. Roll out a little, and form into six cakes, making them each nearly an inch thick; pinch round the top with the finger and thumb. Put more pieces of almond and citron on the top of each cake. Bake in a good oven about twenty minutes.

### Almond Biscuits. 595.

Mix 4 oz. of loaf sugar with 3 eggs, beat well together, add 3 oz. of sweet almonds, blanched and pounded, mix in 3 oz. of flour. Roll the paste the thickness of a penny, lay it on buttered tins, and bake in a quick oven. It should be cut into shapes first.

### Icing for Cakes. 596.

Whip the whites of 3 eggs to a strong froth, beat into them 1 lb. of very finely sifted loaf sugar, a little lemon juice, and beat the whole well for half an hour. The moment the cake is out of the oven, put on the icing with a spoon, return the cake to a cool oven to harden, but not to brown the sugar.

### Filberts. 597.

4 oz. of sweet almonds, blanched and beaten, 4 oz. sifted sugar, 1 oz. cornflour, the white of 1 and the yolks of 2 eggs beaten. Pound all well together in a mortar for a quarter of an hour. Put it away in a dry place for two days. Roll out thin, cut in strips about one inch wide, wrap each round ½ a blanched almond, allowing the almond to show at *one end*. Put 3 together to look like a bunch of *filberts*; leave them again like this for another day

to dry. The next day place them in a very slow oven, and let them dry gradually and harden slightly.

### Five o'Clock Tea Buns. 598.

Take 1 lb. of flour, put into it 2 teaspoonfuls of Borwick's baking powder, and about as much carbonate of soda as will go on a threepenny-bit, rub into the flour 6 oz. of lard, add 3 to 4 oz. of moist sugar, 4 oz. of currants, and just enough milk to bind the whole together with the hand. Form into quite small buns with the fingers, and bake in a pretty quick oven from fifteen to twenty minutes.

### Hot Cross Buns. 599.

2 lbs. of flour, 3 teaspoonfuls of Yeatman's yeast powder, and ½ a teaspoonful of salt, mixed with the flour. Rub in ½ a lb. of lard or dripping, add ½ a lb. of moist sugar, ½ a lb. of currants, mix into a light dough with a pint of milk. Form into buns, flatten the top a little with the hand, and make a cross on each; when half baked, wash over with a little milk. They will take about half an hour in a hot oven.

### Bath Buns. 600.

1 lb. of flour, 2 teaspoonfuls of Yeatman's yeast powder put into it, 10 oz. of sifted sugar, 4 oz. of butter, 2 eggs, ¼ of a lb. of citron, ½ a pint of milk. Beat the butter to a cream with the hand, add the sugar, eggs, flour, citron, and milk. Bake on greased baking-tins, putting small tin rings on it, and dropping some of the mixture into each ring. Bake about twenty minutes to half an hour in a hot oven.

### Queen's Cakes. 601.

Take 1 lb. flour, 10 oz. sifted loaf sugar, ½ lb. butter, 4 eggs, ½ a pint of milk, 1 good teaspoonful Borwick's baking powder, ¼ of an oz. carbonate of

soda. The soda must be dissolved in the milk, and the baking powder put into the flour. Cream the butter with the hand, add the sugar, beaten eggs, and flour, and mix in the milk. Bake in small buttered tins in a hot oven. Fruit can be added if liked.

### School Cake. 602.

1¼ lb. of flour, 2 teaspoonfuls of Borwick's powder, and a little salt, mixed into the flour. Rub in ¼ of a lb. of lard, ¼ lb. moist sugar, 6 oz. fruit, 1 egg beaten and mixed with a large teacupful of milk. Bake in buttered tin from one and a half to two hours.

### Oatcake. 603.

Take ½ a lb. of oatmeal, put in a pinch of salt. Take 2 oz. of butter, 3 table-spoonfuls of milk. Melt the butter in a pan, add the milk to the butter; mix the oatmeal with the butter and milk, so as to form a paste. Turn it on to the paste-board, mix with flour, enough to make it into a stiff paste, roll it quite thin; cut in rounds, and divide them across. Bake in a moderate oven till crisp.

### Fadge, or Brown Biscuits. 604.

1 lb. of brown wheaten flour, mix in 1 teaspoonful of Borwick's baking powder and a little salt. Rub 2 oz. of butter into the flour, mix with buttermilk or plain milk; roll about half an inch thick, cut with a round cutter, and bake a pale brown.

### Potato Cakes. 605.

Boil 6 mealy potatoes, drain well, and mash fine, add ½ a lb. of flour, with a little salt and 1 teaspoonful Borwick's baking powder mixed into it; *mix together* with ½ a pint of thin cream or good *milk into* a light dough; make them up into flat

cakes about the size of a saucer; flatten with the hand. Bake in a moderate oven, pricking the top with a fork. Split, and butter hot.

### Stranger's Buns. 606.

Take a ¼ of a lb. of rice flour, a ¼ of a lb. of flour, mix in 1 teaspoonful of Borwick's baking powder, then rub into it 2 oz. of lard, add 2 oz. of moist sugar, 2 oz. of currants, and 2 oz. of sultanas, a few bits of candied peel and blanched almonds. Mix up with 1 egg and about 3 teaspoonfuls of milk. Make into little buns. Bake on tins in a rather hot oven. Half the fruit will be enough if not required too rich.

### Chocolate Maccaroons. 606a.

Half a lb. of sweet almonds, 1½ lb. sifted sugar, 4 whites of eggs, vanilla to flavour, 2 oz. of chocolate. Blanch the almonds, dry and pound in a mortar, adding by degrees 2 whites of eggs; this must be carefully done, or the almonds will oil. When smooth, add the sugar, then the other 2 whites, melt the chocolate, add that and the vanilla. Make this paste up into balls, wetting the fingers at intervals to prevent its sticking to the hand; touch each ball on the top with the water to make them shine. Dry in a very cool oven until they are firm. These are very good for dessert, or for afternoon teas.

## PRESERVES, LIQUORS, ETC.

### *REMARKS ON KEEPING PRESERVES.*

A GREAT deal is said about covering preserves with paper dipped in brandy. I never have my preserves covered with more than one paper. That is merely common cap paper fastened on directly the jam is cold, either with white of egg or plain gum, made from gum arabic and water. The great thing is to keep preserves in a cool dry place, not shut up in a cupboard, as the air should be allowed to circulate round them. When I say ¾ of a lb. of sugar to a lb. of fruit, remember I mean a lb., not a quart of fruit; a quart is nearly a ¼ of a lb. more than a lb.

### ORANGE MARMALADE. 607.

WEIGH Seville oranges, allow double their weight in loaf sugar. Put the oranges whole in a large saucepan, cover them with cold water, putting a plate on the top of the fruit to keep them under the water. Boil them until a pin's head will go easily through the skin. Put the saucepan on one side to keep hot, but not to boil; take the oranges out a few at a time, cut them into quarters, put the pulp on one plate away from the skin, cut the rind into very thin strips; next divide the pulp carefully from the pips, and any hard inside skin. The pulp *and cut strips* can be put together; the pips and *hard bits* may be returned to the water in which *the oranges* were boiled, which must be carefully

kept. Put the sugar, strips, and pulp into a preserving pan, and strain the water over all. Boil quickly for half an hour, and skim while boiling. Three dozen oranges after being prepared will take quite one quart of the boiled water. This is excellent marmalade, but it must be cut very thin, and the oranges must be well boiled at first.

### Smooth Marmalade. 608.

2 lbs. of Seville oranges, 2 lbs. bitter oranges, 6 lbs. of loaf sugar. Cut the oranges, take out the pulp; boil the skin till perfectly tender, changing the water to take off the bitter; when cool scrape the coarse and thready part from the inside of the skin. Put the sugar in a preserving-pan, just cover it with water, and boil it to a clear syrup; a little more water can be added if the first does not quite clear it. Pound the skins in a mortar, adding the pulp free from skin and pips; mix this with the syrup, and boil the whole for twenty minutes. The grated rind and juice of 2 lemons to every 12 oranges improves this. The sugar and water should boil about ten minutes.

### Vegetable Marrow Preserve. 609.

Peel and core 6 lbs. of marrow, put it on a flat dish, cover it with 6 lbs. of broken loaf sugar, let it stand twenty-four hours; the vegetable marrow should be cut after peeling into pieces about two inches long. Add the next day 3 lemons, cut in thin slices, taking out the pips, and 1½ oz. of bruised whole ginger. Boil the whole for one hour and a half, skim well. Take out the lemon and ginger before putting it into the jars. A wineglass of brandy is an improvement just before it is done.

### Rhubarb Jelly. 610.

Cut up some red rhubarb in short pieces, then stew the rhubarb in the oven or over the fire until quite tender. Strain through a coarse cloth; to each pint of juice put 1 lb. of loaf sugar. Boil quickly for twenty minutes to half an hour, by which time it should jelly. This is best made in the autumn, as rhubarb is stronger then and jellies better.

### Blackberry and Apple Cheese. 611.

Take equal quantities of apples, after they are peeled and cored, and blackberries; bake them in a stone jar in the oven, or put them in a preserving pan, and stew until perfectly soft. Pulp through a hair sieve. Weigh the pulp, and to every lb. allow ¾ of a lb. of loaf sugar. Boil the pulp alone for an hour, then add the sugar, and boil for another hour. Put it into small jars very hot. It should turn out when cold quite a firm cheese. The hardest apples are the best for this.

### Blackberry Jelly. 612.

Put some blackberries into a preserving-pan, cover the fruit with cold water. Boil for an hour. The fruit must then be put into a thin, clean towel, and left to strain for some hours. To every pint of juice allow 1 lb. of loaf sugar. Boil quickly for twenty minutes to half an hour.

### Damson Jam. 613.

The fruit for this jam should be freshly gathered and very ripe. Split, stone, and weigh the fruit; boil quickly for thirty minutes, then stir in half its weight in loaf sugar. Boil again for fifteen minutes, stirring and skimming. A more refined preserve is made by passing the fruit through a coarse sieve, *and boiling* it for twenty minutes after, allowing ½ a *lb. of sugar* to 1 lb. of pulp.

### Damson Cheese. 614.

Stew the fruit in the oven or over the fire until quite tender; rub it carefully through a hair sieve; keep about a quarter of the stones, break them, and blanch the kernels. Weigh the pulp; to every lb. allow ¾ of a lb. of loaf sugar. Boil the pulp alone for half an hour, then add the sugar, and boil again for three-quarters of an hour. Put in the kernels for the last ten minutes.

### Red Currant Jelly (Superior). 615.

Pick the fruit fresh, and free it from the stalks; put it into a stone jar, and place the jar, covered, in a pan of cold water. Put both together over the fire, or in the oven, until the juice will pour off. Place the currants in a hair sieve; after the juice has run through, press the currants very gently. Strain the juice a second time through a clean cloth, then measure it, allowing 1 lb. of loaf sugar to every pint of juice. Put the juice on the fire in a preserving-pan, let it boil five minutes, and skim it. Sift the sugar very fine, put it in the oven, let it get quite hot, so that you can only just bear your finger in it; then shake it gently into the hot juice, stirring well all the time it is being added. When all the sugar is in, boil it quickly for eight to ten minutes; skim also if necessary. This jelly is beautiful. The currants are best mixed, half red ones and half white.

### Red Currant Jelly. 616.

Put the fruit, after taking off the stalks, into a stone jar; leave it in a moderate oven all night. Strain the currants through a cloth; to every pint of juice allow ¾ of a lb. of loaf sugar, crushed small. Put both the juice and sugar into a preserving-pan over the fire. Boil quickly for twenty minutes. *Skim well,* and put into small jars.

### Jelly made from Different Fruits. 617.

During the preserving season I generally have a few pots of jelly made from each pan of preserves, and I do not find that it spoils my jams at all. For instance, I make black currant, red currant, gooseberry, and plum jelly this way. For all common preserves I allow ¾ of a lb. of loaf sugar to every 1 lb. of fruit. The sugar must be broken small; put the fruit and sugar into your pan, let the sugar melt, then boil quickly for twenty minutes to half an hour, skim carefully. Take the pan off the fire, take from it about 3 or 4 teacupfuls of juice, or as much as you think can be spared without making your jam dry. Strain the juice through a small gravy sieve into small jars. This will be found to jelly well. By this means a nice stock of different kinds of jelly can be procured, and no fruit is wasted.

### Strawberry Syrup. 618.

This can be produced in the same way as given in the above recipe, only that strawberries can't spare too much juice to be taken from the jam; nor will it jelly like the other fruits, and is therefore best put into wide-necked bottles. It is very nice put round boiled puddings.

### Black Butter. 619.

Take equal quantities of strawberries, raspberries, gooseberries, and black and red currants. Weigh the whole after carefully picking them free from stalks, etc. Allow to every pound of fruit ¾ of a lb. of loaf sugar. Put the fruit on the fire, boil *fifteen* minutes, then add the sugar, and boil again *twenty* minutes. I have never tried this preserve, *but am told* it is very good.

### Apple Jelly. 620.

Pare and core good cooking apples, put them into a preserving-pan, just cover them with cold water. Let it come to the boil, stirring it now and again; add the juice, and very thin rind of 4 lemons; this quantity of lemon is required for a fair-sized preserving-panful of apples. It must keep on boiling until the apples are in a pulp. Strain it gently through a fine hair sieve. To every pint of juice add ¾ of a lb. of sifted loaf sugar. Boil it quickly for twenty minutes, or until it begins to jelly on the top. Just before it is done, add a small handful of strips of lemon peel from which all the white has been removed, and which should be cut nearly as fine as the bristle of a brush. The jelly should be put hot into small moulds or jars. It will turn out well, and should be quite clear if properly made.

### Apple Cheese. 621.

Take the pulp which is left from the jelly, remove the pieces of lemon peel, and rub the pulp through a hair sieve. Weigh the pulp; to every 3 lbs. allow 2 lbs. of loaf sugar and the juice of 1 lemon. Boil all together for one hour and a half, or till it sets. Put into flat open jars or saucers. This will become firm enough to turn out, or to be cut with a knife.

### Apple Marmalade. 622.

Pare and core 6 lbs. of apples, put them into a preserving-pan, add enough cold water to cover the bottom of the pan about half an inch deep. Let them boil until quite soft, beat up the pulp to avoid having any lumps. Next add 3½ lbs. of loaf sugar broken small, the juice and grated rind of 2 small lemons; *boil* all together for half an hour.

### Strawberry Jam. 623.

Pick the fruit as fresh as possible, and in quite dry weather; weigh it, and to every lb. of fruit allow ¾ of a lb. of loaf sugar. Break the sugar fine, put it with the fruit into a preserving-pan, boil quickly for twenty-five minutes after it has come to the boil. Skim well. Should the season be a damp one, or the places for keeping jam not over dry, it is then better to boil it half an hour. This recipe will answer for all common fruit; only black currants and gooseberries will require a little longer boiling.

### Strawberries in Red Currant Jelly. 624.

Pick 4 lbs. of fine strawberries, allow ¾ of a lb. of sifted loaf sugar to each lb. Put the strawberries on a flat dish, cover them with sugar, and leave them for three or four hours. Put all into a preserving pan, let the sugar melt, then add 1 pint of red currant juice, well mixed with ¾ of a lb. of sifted sugar. Boil all together for twenty to twenty-five minutes, skim, but stir as little as possible, so as not to break up the fruit. It should be nearly whole.

### Raspberry Jam. 625.

Weigh your fruit, put it into an earthenware pan, and squeeze it with your hand gently on the top of the fruit, to break it a little and press out some of the juice. Have ready some sifted sugar, allowing ¾ of a lb. to every lb. of fruit. Put the pulp on the fire alone; when it just comes to the boil take it off and stir in the sugar. Put it again on the fire, stir till it begins to boil; let it boil quickly for twelve to fifteen minutes, then put it into jars. Raspberry jam can also be made as in *the recipe* given for strawberry jam, but twenty *minutes* will boil it.

### Black Currant Jelly. 626.

Stew the fruit in the oven, strain through a hair sieve or cloth; to every pint of juice allow $\frac{3}{4}$ of a lb. of loaf sugar. Boil quickly for twenty minutes, or till it jellies.

### Pineapple Preserve. 627.

Peel 2 or 3 foreign pines carefully, cut them into slices about a $\frac{1}{4}$ of an inch thick; weigh the fruit, and allow $\frac{3}{4}$ of a lb. of sugar to every lb. of fruit. Break the sugar very fine, lay the pine on a dish and cover it with the sugar; let it stand twelve hours, pour off the syrup, and boil it for twenty minutes; let it get cold, then pour it again over the slices of pine, let them stand another twelve hours. After, boil the whole together for twenty minutes and put into jars.

### Orleans Plum Preserve. 628.

Pick the fruit very ripe, skin and stone it, weigh it; allow $\frac{3}{4}$ of a lb. of loaf sugar to every lb of fruit, put all on the fire together in a preserving-pan; boil quickly for half an hour. Skim it well; break half the stones, blanch the kernels from them, add them to the preserve about five minutes before it is done.

### Apricot Preserve. 629.

Pick the fruit when very ripe, split it open, and take out the stones; weigh it, allowing $\frac{3}{4}$ of a lb. of sugar to every 1 lb. of fruit. Lay the apricots flat on a dish, letting the skin be nearest the dish; cover them with part of the sugar, which must be finely broken; leave them for some hours, until the juice begins to run from them. Put them into a preserving-pan, add the rest of the sugar; boil quickly for *twenty minutes*. Break half the stones, blanch the

kernels, and add them to the preserve when it is half boiled, or after it has been skimmed clear.

### Apricot Cheese. 630.

Put some apricots without their stones into a stone jar, set it in a pan of water over the fire; when quite soft, press them through a hair or fine wire sieve. Weigh the pulp, allow $\frac{3}{4}$ of a lb. of loaf sugar to every lb. of pulp. Put both on the fire together; boil well for half to three-quarters of an hour; put into small moulds. Some blanched kernels can be added to this if liked.

### To Dry Apricots. 631.

The fruit should be well grown but not over ripe. Divide the apricots in halves, remove the stones; weigh the fruit, allow equal weight of sugar. Place the apricots on a dish singly, cover them with part of the pounded sugar, leave them twenty-four hours. Take the juice from the fruit, the remainder of the sugar, some of the kernels blanched, and water, allowing it in proportion of a $\frac{1}{4}$ of a pint to every lb. of sugar. Boil this gently ten minutes, put in the apricots and boil two minutes. Put them into a clean dish with the syrup, and leave them for two days, then boil the syrup again and pour it over the fruit. The next day again boil the syrup ten minutes, put in the apricots and boil very gently four or five minutes, or until they are clear. Let them stand twenty-four hours in the syrup, then spread them on dishes to dry, with muslin over to keep off the flies. They will dry best in a greenhouse, but if that is not handy the sun may answer, or a very cool brick oven. When they are partly dry, join the halves together, and sprinkle the upper side with crystallized sugar. In two or three *days turn* them over and sprinkle the other side. *Store them* in tins, with layers of paper between.

### Cherry Preserve. 632.

To each lb. of fruit after it is stoned allow ¾ of a lb. of loaf sugar. To every lb. of sugar put a ¼ of a pint of water, boil the sugar and water together for ten minutes, then add the fruit; boil fast for twenty minutes, or till it begins to jelly.

### To Bottle Stone or Ripe Fruit. 633.

Fill wide-necked bottles full of fruit, and in each bottle put 2 table-spoonfuls of powdered loaf sugar. Tie a piece of wet bladder over each bottle. The bladder must be tied very tight, but it must be left larger than the top of the bottle, or it will burst while the fruit is boiling. Place the bottles in a large fish-kettle of cold water, putting hay between to keep them tight. Let them come slowly to the boil, and then boil for ten minutes or a quarter of an hour. Take the kettle off the fire, but let the bottles remain in it until they are quite cold.

### To Bottle Green Gooseberries. 634.

Fill wide-necked bottles with small green gooseberries, fill them with spring water that has been boiled, but has been allowed to become cold. Cover the tops with bladder, tied on as in the last recipe. Boil in the same way, allowing the bottles to remain in the pan of water after boiling until they are cold. If these are kept perfectly air-tight and in a dry place, they will keep good many months. Sugar must of course be added when they are cooked.

### Green Gooseberry Cheese. 635.

Stew the gooseberries till tender in a jar in the oven, or set the jar in a kettle of water. Then rub the pulp through a hair sieve. To every lb. of pulp allow 1 lb. of loaf sugar; boil together for ½ an hour. Put into small jars.

### Quince Cheese. 636.

Take the quinces when quite ripe, pare, core, and cut them into small pieces. Put them into a jar, cover them with the parings, half fill the jar with cold spring water; leave them in a hot oven for some hours. When quite soft take out the peel and press the fruit through a sieve. Weigh the pulp, allow the same in loaf sugar. Put the sugar on the fire with just enough water to dissolve it, boil for fifteen minutes and skim; then add the quince, boil gently for three-quarters of an hour. Stir constantly or it will burn. Put into small jars, and cover them.

### Orange Brandy. 637.

2 dozen Seville oranges, free from specks, 2 gallons of French brandy. Put the oranges and brandy into a deep pan, the brandy must cover the oranges, the pan must have a tight-fitting lid, and be kept perfectly air-tight. The top layer of oranges must be turned every fourth day. In a month the oranges will become hard; the brandy is then fit to be bottled. As it is drawn off, 1 lb. of refined loaf sugar must be added to every quart of brandy. Orange gin can be made the same way.

### Orange Brandy, No. 2. 638.

Peel the rind of 12 Seville oranges very thin, pour over it 2 quarts of brandy, let it stand three days, then boil 1 gill of water with $1\frac{1}{4}$ lb. of loaf sugar for fifteen minutes, skim well and add it to the brandy. Next heat a gill of new milk, add it to the above; cover over, and leave for three more days. Filter it through a thick flannel bag, and bottle for use. This improves by keeping.

### Orange Gin. 639.

*To 1 gallon* of the strongest gin put the rinds

(pared very thin) of 18 Seville oranges, and 1½ lb. of sugar candy broken fine. Let the gin remain on the peel in a stone jar or bottle for a month (the bottle must be kept air-tight); then bottle for use. If required, it will be fit to use at once.

### Punch. 640.

Take 18 lemons, of which 10 must be peeled; cut and squeeze them, strain the juice through a piece of muslin, put it into a large pan, add 3½ lbs. of loaf sugar, and pour on to it 11 quarts of boiling water. Make 2 tablespoonfuls of the best green tea, let it stand till quite cold, add it to 2 quarts of rum and 1 pint of brandy; mix all together, let it remain a night, then bottle it. This quantity will make 20 bottles.

### Milk Punch. 641.

2 gallons of rum or brandy. Pare 6 lemons and 6 Seville oranges very thin, steep the peels of both in the spirit for twenty-four hours. Put 3 gallons of water over the fire, add 6 lbs. of loaf sugar, and the whites of 6 eggs beaten to a froth; boil and scum it well. When quite cold put it into a vessel with the rum, the juice from the oranges and lemons that were peeled, also 3 more quarts of juice besides that from the oranges and lemons; add 1 quart of new milk, and bottle for use.

### Cherry Brandy. 642.

Fill wide-mouthed glass jars with good Morella cherries, nearly full; prick the cherries first in 3 or 4 places with a fine needle, put into each jar 4 or 5 tablespoonfuls of powdered sugar, fill up with brandy. Cork and cover with bladder very tight. They must be perfectly air-tight. Best kept for a *year*.

### Lemonade. 643.

2½ lbs. of lump sugar, 2 oz. of tartaric acid, 4 lemons. Peel the lemons very thin, put the peel into a good quart of cold spring water; boil it ten minutes. Slice the lemons, put them with the sugar and tartaric acid into a basin, pour on to them the boiling liquid; stir well until the sugar is dissolved. Let it stand twenty-four hours, strain, bottle, and cork tight. When wanted, use 2 or 3 table-spoonfuls to a tumbler of cold water. It is even better used with sodawater. Very good.

### Lemon Syrup. 644.

9 oz. pure citric acid, 3 oz. orange peel, 1 oz. of essence of lemon, 12 lbs. of lump sugar, 12 pints spring water; pour the water boiling over the sugar, let it stand till about new-milk warm, then add the other ingredients, and stir till quite cold. 6 oz. of "soluble ginger flavour" is a great improvement. Bottle it. Will keep a long time. A little in a tumbler of water, or with wine and water. Have not tried this myself.

### Ginger Beer. 645.

Slice 4 lemons, take 4 lbs. of loaf sugar, 2 oz. of bruised ginger, put them with the lemons into a deep pan, pour on them 4 gallons of boiling water; let it stand till new-milk warm, then add 2 table-spoonfuls of good yeast, let it stand twenty-four hours, take off any yeast that has risen to the top. Put it into a small cask, or bottle it. It will be fit to drink in two days.

### Ginger Beer, No. 2. 646.

2 lbs. lump sugar, 2 or 3 lemons, 2 oz. whole ginger, 2 oz. cream of tartar. Bruise the ginger, slice the lemons, put them with the cream of tartar

in a pan. Put the sugar into 3 gallons of water, boil, and pour it boiling over the lemons, etc. When new-milk warm, add the white of 1 egg whipped to a froth, and 2 table-spoonfuls of yeast; beat it in well, let it stand till morning, skim it, strain, and bottle. Fit to drink in two or three days.

### Elderflower Wine. 647.

Boil together 6 gallons of water with 18 lbs. of loaf sugar for fifteen to twenty minutes. Have ready picked from their stalks 2 quarts elderflowers, put them in an earthenware pan; when the liquor is just warm, pour it on to the flowers, stir well, add 4 or 5 table-spoonfuls of good yeast, and beat it well in with a large wooden spoon. In a couple of days put in 6 lbs. of large pudding raisins stoned, then put all into a small cask and stop it up. In six months it will be ready for bottling. If the yeast has risen very much, it is better to skim it off before adding the raisins. This wine is very good.

### Ginger Wine. 648.

Boil 6 gallons of water with 18 lbs. of loaf sugar for half an hour, and take off the scum. Bruise 8 oz. of the best white ginger, boil it in a little of the sugar and water until quite tender. Put all together in a tub. When new-milk warm add to it a $\frac{1}{4}$ of a pint of beer yeast, and work it well in. Chop 8 lbs. of large raisins, put them into a cask, and pour all with the ginger on to them. When it has done working, steep the rinds, cut thin, of 12 lemons, 12 sweet oranges, and 6 Seville oranges in a little of the wine, add a wineglass of brandy. Let this steep two days, then put it all into the cask; add also the juice of the lemons and oranges and 1 oz. of isinglass. Stop it down tight. It will be ready to bottle in three months. Excellent wine.

### Ginger Wine, No. 2. 649.

To 1 gallon of water put 3 lbs. of loaf sugar, a $\frac{1}{4}$ of a lb. of ginger bruised, and the peel of 2 lemons cut thin. Boil all together for half an hour, put it into a pan, when nearly cold add 1 or 2 spoonfuls of yeast; beat it in, and leave it to work; when done working put it into a stone jar or cask, adding the juice of 2 lemons. Stop it down tight. Bottle in two months.

### Cowslip Wine. 650.

To every gallon of water allow $2\frac{3}{4}$ lbs. of loaf sugar; boil well, and skim till clear. Take it off the fire; when cool, work it with beer yeast. To every 3 gallons, allow 1 peck of fresh cowslip flowers, picked from the green stalk; when the liquor begins to work, put it into a cask with the flowers. To every 3 gallons of wine allow 3 lemons and 2 oranges; pare them thin, squeeze the juice clear from pulp and seeds; put both juice and rind into the cask with the cowslips before pouring the liquor in. In three days put in $\frac{1}{2}$ an oz. of isinglass, and stop down. Bottle in three months.

### Raspberry Vinegar. 651.

Put 1 lb. of fresh raspberries into a china bowl, pour upon it 1 quart of the best white vinegar, let it stand all night; next day pour off the liquor on to another lb. of fresh raspberries, let it stand another twenty-four hours, and repeat the same again the next day. Do not squeeze the fruit. Pour off the vinegar after it has been on three lots of fresh raspberries; strain it through a sieve. To every pint of juice allow 1 lb. of sifted loaf sugar; put both into a stone jar, put the jar into a saucepan of water; let it simmer for an hour, skim it, and when cold, bottle it tight. Very good to drink with cold water, or nice with batter or egg puddings.

## ICES, CONFECTIONERY, ETC.

### *REMARKS ON ICES.*

COFFEE, or other flavouring, can also be used for ices, adding sugar, brandy, almonds, vanilla, lemon, or any other flavouring that is liked. A cold custard made of cornflour and yolk of eggs, and flavoured with essence of almonds, mixed well with ½ a pint of thin cream, also makes a nice ice for an invalid.

### ICED PUDDING. 652.

TAKE a pint of good cream, stir into it a ¼ of a lb of sifted sugar, 2 oz. of citron cut in thin pieces, 2 oz. of preserved cherries, 2 oz. of dried apricots cut in pieces. Mix all well together, put it into a freezing mould, set it in ice and salt; stir till it begins to congeal. Stir it well round once or twice, then put it into the mould it is to be turned out of after; if too thick, add a little more cream. Put writing-paper over the top, cover it close; set it in the ice till well frozen. When to be turned out, put a warm cloth for a moment round the mould; or even dipping the mould into water just warm may answer.

### RASPBERRY ICE. 653.

To a pint of cream put ½ a lb. of raspberry juice or jelly, and a little sifted sugar, about a ¼ of a lb. Mix well, rub through a sieve; add a little cochineal. A little brandy, or vanilla, is also an improvement, as the raspberries do not always

give flavour enough. Any other jam can be used instead of raspberry. Put it into the freezing mould. Cover tight, and put ice and salt well round and over it. Some use half milk and half cream; in which case it must be well stirred until it is partly frozen, or the milk and cream will not mix properly.

### Ginger Ice. 654.

Half a pint of cream, ½ a pint of good milk, 2 oz. of sifted sugar, ¼ lb. preserved ginger cut into pieces, and enough of the juice to flavour the cream. The yolk of 1 or 2 eggs can be first boiled in the milk and allowed to get cold; it improves the colour. Ice, as in the other recipes.

### Ginger Toffee. 655.

2 oz. of ground ginger, 1 lb. of sugar, 1 oz. of butter; add enough water to melt the sugar. Boil ten minutes. Pour on to a dish wet with cold water.

### Everton Toffee. 656.

Take ¾ of a lb. of moist sugar, ¼ of a lb. of butter. Melt the butter in a clean saucepan; add the sugar, which must be good brown soft sugar; boil till the toffee begins to get crisp when dropped into a cup of cold water; then add the juice of ½ a lemon strained from the pips, or ½ a teaspoonful of essence of lemon. Pour on to a greased tin, leave to get cold, then break up into pieces. Almonds blanched and cut in strips can be added with the lemon. Toffee must be stirred all the time it is boiling, as it soon burns.

### Chocolate Toffee. 657.

6 oz. of butter, 12 oz. of brown sugar, ½ an oz. of *chocolate* scraped into powder, 1 table-spoonful of *treacle*, vanilla to flavour (about 1 teaspoonful just

before taking it off the fire). Mix the chocolate in a teacup with cold milk till smooth, then fill up the cup with milk. Add all the other things; mix well, put it on the fire, boil for ten minutes; keep stirring all the time, as it very easily burns. Pour out on a buttered tin to cool. This toffee should not be crisp, but just hard enough to break up into pieces like chocolate. It is much eaten in India being served with other sweetmeats at dessert or afternoon teas.

### Cocoanut Ice. 658.

Get 1 large, or 2 small cocoanuts, take out the milk carefully, strain it through a piece of muslin; break the shell of the cocoanut, and grate all the white part fine. Put it into a lined saucepan, with the milk and 2 lbs. of sifted sugar; boil half an hour over a slow fire; after, let it cool for three minutes Stir it all the time. Spread it on a wet board or dish about one inch thick. Add vanilla, lemon, or almond flavouring if liked. If wished for pink, turn half the white on to the board; add a teaspoonful of cochineal to that in the pan. Stir over the fire till mixed, then turn out on to the board.

## MISCELLANEOUS RECIPES.

### Leg of Mutton Réchauffé. 659.

A roast leg of mutton may be nicely warmed a second time, if only a few slices have been cut out of it the first day; mash some potatoes well and smooth, fill up the hole in the leg with them, making it even with the meat and smooth; put a little dripping on the other part of the leg, and put it in the oven for about an hour; or till it is hot, and the potatoes brown. Serve with gravy round.

### Haricot Mutton. 660.

Take the best end or middle of a neck of mutton, cut into neat chops, cut the bones rather short, and take off any fat and bits of skin. Put 2 oz. of butter into a saucepan big enough to hold the mutton, let it get hot, add some pieces of onion cut in slices, and put in the chops; let them all get well browned, keeping a lid on the pan, but looking at it frequently to see it does not burn. When all is nicely brown, put in a pint of stock, some carrots, turnips, and celery, cut into neat pieces, and let all simmer together for one hour and a half to two hours. The chops will take three-quarters of an hour to brown before the stock is added. Serve with the chops round, the vegetables in the middle. The gravy should be thickened with cornflour.

### Tomato Pie. 661.

*Butter* a pie-dish, and cover with bread crumbs, *then put* a layer of thin cold meat, free from skin;

add pepper and salt, next a layer of sliced tomatoes, then bread crumbs; repeat till the dish is full, having bread crumbs at the top. Put in a little stock; bake until nicely browned at the top, and the tomatoes have had time to cook. About an hour in a moderate oven.

### Potato Pie. 662.

Take any pieces of cold meat, and potatoes that have been left from the day before. Cut the meat neatly, put a layer of meat into a pie-dish, and a layer of cold potatoes, add pepper and salt; fill up your dish with layers of these; add enough stock to moisten it well. Have ready some nicely mashed potatoes; put a thick layer of them over all, smooth them down neatly, and cross-bar them with a knife at the top, like large dice; put it in the oven for three-quarters of an hour, or till it is brown. The thin end of a neck of mutton does nicely for this; only in that case uncooked potatoes can be used, and a little onion added if liked; put a tin plate over it first, allowing it to stew gently in a moderate oven for nearly two hours; about twenty minutes before serving, take off the plate, put more stock in if necessary; put on the layer of mashed potatoes, and brown in the oven.

### Potato Pie (Lancashire Dish). 663.

Take some nice tender uncooked beef, cut up into neat pieces, put a layer of it in a big pie-dish, then slices of raw potatoes, add pepper, salt, and small slices of onion; fill up the dish quite full (the pieces of beef can be floured a little); pour in as much water or weak broth as it will hold; cover the whole with a good thick crust made with beef dripping, or beef suet is liked better by some. Fat may be put in with the meat if liked. Bake from

two to three hours in a moderate oven. A brick oven is best, as it bakes more regularly.

### To Make Soy. 664.

1 lb. of salt, 2 lb. common sugar, stir in a frying-pan for half an hour over a slow fire; add to this 3 pints of boiling water, a few spoonfuls of essence of anchovies, a few cloves, a bunch of sweet herbs; boil till the salt is dissolved, when cold, bottle for use after straining.

### To Boil a Ham. 665.

Put it on in plenty of cold water, let it come to the boil; skim, then simmer. As soon as it begins to simmer, put in a large cupful of coarse brown sugar and a pint of sherry.

### Fried Lamb's Liver. 666.

Have it quite fresh, wash and wipe it; cut the liver in slices, not quite ½ an inch thick; flour it well, put it in the frying-pan with a little dripping, fry gently till it is brown on both sides, season when half fried with salt and pepper. Put it on to a hot dish, keep it warm; cut up some small square pieces of bread, fry them crisp. Place the liver on the dish with the bread in the centre, and pour round all some good brown gravy. Liver may also be half boiled, then stewed in good thick gravy, add ½ a glass of port wine, and garnish with cut lemon; or it can be minced.

### Bengal Chutney. 667.

1 lb. brown sugar, ½ lb. salt, 2 oz. garlic, 6 oz. *onions*, 1 oz. cayenne pepper, 3 pints of vinegar, 15 *sour apples*, ¼ lb. bruised ginger, ½ lb. mustard seed, ½ *lb. raisins*. The garlic and onions to be well

pounded in a mortar; the apples to be sliced, and boiled in the vinegar, and bruised with a spoon. When cold, mix with the other ingredients. Bottle in wide-mouthed bottles.

### Good Clear Beef Tea. 668.

Take 4 lbs. of beef cut very thin, then put it in a brown jar with a cover on it, put a sheet of paper over, then a paste of flour, and a cloth tied over all. Set the jar in a saucepan of water up to the neck, let it simmer nine hours, then strain through a fine sieve. It will be as clear as jelly, and keep for days in a cool place. Very strong.

### Strengthening Food for Invalids. 669.

7 eggs, 8 lemons; squeeze the juice of the lemons on the eggs (shells as well), shake them about for twenty-four hours, then open the eggs, and let out yolk and white; whip them well up together with a fork, pass all through a small tin strainer, add 3 oz. of sifted sugar, ½ a pint of brandy. Mix all well, and bottle tight. Take 2 large table-spoonfuls when wanted. Shake the bottle first. When for sickness, give a teaspoonful as slowly as possible.

### Brandy and Egg Mixture. 670.

Take the whites and yolks of 3 eggs, beat them up with a ¼ of a pint of water. Add slowly 2 table-spoonfuls of brandy, with a little loaf sugar, and nutmeg if liked. Give 1 to 2 table-spoonfuls every four to six hours.

### Brandy and Cream. 671.

Take 1 table-spoonful of cream, beat it up thoroughly with the white of a fresh-laid egg; add slowly to the frothing mixture thus obtained *1 table-spoonful* of brandy, in which a lump of sugar

has been dissolved. Give the whole at once. The proportions given in these two last recipes are for a child, and quantities can be doubled for an adult.

### Good Port Wine Jelly. 672.

Steep 2 oz. isinglass, ½ an oz. gum arabic, in a pint of port wine all night. Next morning put into a saucepan 2 oz. brown sugar candy; add the wine, and a little grated nutmeg. Simmer slowly until quite dissolved; strain through a piece of muslin. Use cold.

### Strengthening Jelly. 673.

2 oz. best isinglass, 2 oz. gum arabic, 2 oz. sugar candy, with a bottle of port or sherry. Put all together into a jar, cover it close, and put it into a stewpan of boiling water by the side of the fire till dissolved. These two recipes are nearly alike, but the latter is the better way of making it.

### Egg Jelly. 674.

Half an oz. of Nelson's gelatine soaked in a ¼ of a pint of water for two hours. Boil a ¼ of a pint of water and pour it on to the gelatine quite boiling. Take 2 lemons, 3 eggs, ½ lb. loaf sugar, 1 glass of sherry. Rub the rind off the lemons with a few lumps of sugar, and squeeze the juice of the lemons over all the sugar; then put in the gelatine, the eggs well beaten, and the wine. Stir all well, and put into a mould previously dipped in cold water.

### Homœopathic Beef Tea. 675.

1 lb. of perfectly fresh beef, free from all fat, minced very fine, or put once through the mincing machine, a very small pinch of salt, 1½ pint of cold soft water. Put into a saucepan, simmer till it *comes to* a boiling point, then boil quickly for fifteen *minutes* and strain for use.

### Egg and Savoury Jelly. 676.

Take a calf's foot, 2 lbs. of lean beef, cut in small pieces, a bunch of sweet herbs, a carrot and turnip, salt, pepper, and a small onion; pour on to it 3 pints of cold water, let it simmer, after it has come to the boil, till the bones drop out of the foot and till it is reduced to half; strain and leave till cold; it should be quite a jelly; if not, a little isinglass or gelatine may be added; take off all the fat, melt it, and add to it the whites of 2 eggs well beaten, a little white wine, and any ketchup, if liked; stir the eggs and the shells well in, let it boil, then pass through a jelly bag. Boil 2 eggs hard, cut the white into neat pieces, and rub the yolks through a sieve. Let the jelly get nearly cold, then put about an inch in depth into a mould which has been in cold water; when that has set, put the pieces of white of egg round and sprinkle the yolk in the centre; pour in the rest of the jelly gently, let it get cold, turn out. If the jelly is clear, this looks tempting, and will often induce an invalid to eat some.

### Pickle for Herrings, Sprats, etc. 677.

Cut 2 small onions in thin slices. Mix with salt, pepper, a little mixed spice, and a bunch of sweet herbs. Add to it $\frac{1}{2}$ a pint of vinegar, and $\frac{1}{4}$ of a pint of water. Clean the fish, cut off the fins and gills. Some prefer to cut them open, take out the back bone, cut off the head, and roll them up, beginning from the thick end. Put the fish into a deep dish, pour all the mixture over, and bake in a very slow oven for two or more hours. A bay-leaf or two may be added, and the onion omitted.

### Brine for Salting Beef or Tongue. 678.

A pint basin full of common salt, 1 oz. of saltpetre, a $\frac{1}{4}$ of a lb. of brown sugar. Boil together

with 2 gallons of water. Skim well when it begins to boil; let it boil well for a quarter of an hour, leave till quite cold, pour over the beef. This will keep good some time, and in cold weather will do, if boiled up, for a second piece of beef, with a little more salt added. Ox tongues are very good cured in this for three weeks.

### To Preserve Eggs. 679.

Put into a deep pan 4 quarts of quick-lime, ½ a lb. of salt, 1 oz. of cream of tartar. Pour on to this from 1½ to 2 gallons of cold water; stir it well, and leave till the next day. Pour the water gently off, so as not to disturb the lime; put in your eggs, which should be quite fresh and not cracked at all. Pour the water gently over them again. The eggs must be quite covered. Eggs may be put down in May, and will be quite good in December. This quantity should preserve nearly 100 eggs. I have used this recipe for years, and seldom find a bad egg amongst them. I have kept them from May to the end of January. The water will sink during the time; more must be added; boil it, allow it to go cold, mix a little salt into it, and fill up your pan. The eggs must always be under the water.

### Pickled Onions. 680.

Peel some quite small onions, put them into some cold water with a little salt, and let them stand all night. Boil as much vinegar as will cover the onions well, adding to it peppercorns, mustard-seed, a little horseradish, and a spoonful of brown sugar; allow it to get cold. Put the onions in a jar, pour the mixture over. Cover down tight. They will *be fit for* use in three months.

### Store Sauce. 681.

2 wineglasses of port wine, 2 of walnut ketchup, 4 of mushroom ditto, 2 essence of anchovy, 1 tablespoonful of browning, 6 shallots, sliced and pounded, ½ a teaspoonful of cayenne pepper. Simmer all together for fifteen minutes, bottle, cork, and seal to keep the air out.

### Green Gooseberry Sauce. 682.

Stew green gooseberries in a stone jar, in a hot oven, till they will pulp. Rub through a sieve; take a pint of the pulp, add to it a little cream, a few spoonfuls of sugar, enough to sweeten it, but it should be allowed to be rather acid, beat 1 egg well, add this with 1 oz. of butter, warm all together over the fire, and pour round a boiled leg of lamb. If too thick, a little more cream can be mixed in.

### To Cure Bacon. 683.

Weigh the flitch, and to every 20 lbs. take 1¼ lb. of salt, 1¼ lb. of brown sugar, and 3 oz. of saltpetre. Mix well together, and place near the fire till quite hot. Rub a small quantity of this on the skin side, and lay the flitch on a slab, where the brine can run off, having first strewed some of the salt, etc., on the slab. Lay the rest on the flesh side, putting the most where the flitch is the thickest, press it gently with the hand to keep it on. When the flitch is half cured, put on to it a ¼ of a lb. of common salt to each 20 lb. of bacon. A flitch of 40 lb. will take three weeks to cure. Wipe off the salt, and hang to dry.

### To Cure Hams. 684.

To each 12 lb. of pork allow ¾ of a lb. of coarse brown sugar, ¾ lb. of salt, and 2 oz. of saltpetre. Mix, *and heat the mixture*, put it on as you put it on the

bacon. The ham must be in a shallow tub or deep dish, so that the liquor cannot get away. As soon as it begins to run from the ham, it must be basted with it at least three times a day. Strew a handful of salt over it when it has been half the time in pickle. A ham of 20 lb. should be in salt a month. Dry, and hang as the bacon.

### Good Stock for Making Soup. 685.

Take a knuckle of veal, a small quantity of lean ham, or a ham bone with some meat left on it, a couple of old fowls, and any pieces of game which are not wanted. Cut them all up, and break up the bones; put them into a large pot with 2 quarts of water, stew for half an hour. Add some peppercorns, salt, a blade or two of mace, and some allspice; pour on 4 quarts more water, or weak beef broth. Boil till the meat is tender. Strain, and let it stand till next day. This will make a good foundation for soups. Brown soup can be coloured with a small quantity of colouring, and cleared with the white and shell of an egg. A second boiling of this stock with more water will make a foundation for any vegetable or pea soup.

### Soup for the Poor. 686.

Put 18 gallons of cold water into a clean boiler, with 6 lb. of lean beef cut into pieces, and an ox cheek, also partly broken up. Let this simmer gently for five hours, but not boil; put 14 lb. of whole-dried peas, good boilers, into cold water to soak all night. Take 6 turnips, 7 onions, 9 carrots, and some celery; cut them all up into small pieces, and let them stand in cold water all night. Put the peas, and all the vegetables, into the boiler to the meat, about four hours before the soup is required, and let all simmer gently for three hours.

Mix 1½ lb. of oatmeal and 1 oz. of mustard very smoothly in cold water, add them to the soup, with 1 lb. of dripping, 1 oz. of pepper, and 1½ or more of salt. Boil all quickly for one hour, and stir constantly. The soup must be well stirred from the bottom all the time it is being given out, or all the best part is left. If rice or pearl barley is preferred to oatmeal, it must be well soaked, and put in with the vegetables. This soup was sold at a 1*d.* a quart for many winters, in some places where the men were out of work.

### Arrowroot Mould. 687.

Take a ¼ of a lb. of arrowroot, beat it up smooth with milk until it is the thickness of cream, then pour on to it 3 gills of boiling milk, stirring all the time; add flavouring and sugar to taste. If it tastes rough after mixing, it is better to boil it. Put into a mould, and turn out when cold. It can be eaten with cream or syrup, and is light for an invalid.

### Milk Arrowroot. 688.

Take a dessert-spoonful of the best arrowroot, mix it very smooth with a little milk, then pour on ½ a pint of quite boiling milk, stirring all the time. Sugar can be added if liked, and 2 teaspoonfuls of brandy. This is very good for an invalid.

### Milk Cornflour. 689.

Put 2 dessert-spoonfuls of cornflour, and mix as above, only this is better boiled. It may also be made with water instead of milk, and wine or brandy added.

### Gruel. 690.

Take 1 table-spoonful of the best oatmeal, mix it with ½ a pint of water, let it simmer over the fire until it thickens; spice, sugar, or brandy can be added. It may also be made with milk.

### Poor Man's Jam. 691.

Pick blackberries when quite ripe, in dry weather, free from stalks. Allow to every pound of fruit ½ a lb. of loaf sugar. Boil for three-quarters of an hour, stirring and skimming well. Put into jars and cover. Keep in a dry place. This will be found to be cheaper than butter or lard, to eat with bread. It is very wholesome. It also makes good rolled puddings.

### To Pickle Walnuts. 692.

Pick them in June or July, when a needle will go easily through them. Put them into a strong brine of salt and water; they must be pricked in half a dozen places first. Leave them in the brine about four to six days, drain them on hair sieves, and leave them in the sun until they are quite black. This will take two or three days; they must be brought in at night. Put them into stone jars, take what quantity of good vinegar you require to cover them, boil it with mustard seed, peppercorns, cloves, and a little allspice. When cold, cover the walnuts with it. Fasten the jars down quite air-tight, and keep for six or eight months before using. The pickle should be looked at once or twice; if it has got dry, more boiled vinegar should be added, only be careful it is cold before being added.

### Fried Bread-Crumbs. 693.

Dry pieces of broken bread in the oven when it is cool, rub them through an open tin sieve, or pound them. Put them into a jar or bottle, well fastened down, and keep for use. These do for all common purposes.

### Dripping Clarified. 694.

*Put* some boiling water and dripping together in *a pan* over the fire; stir well together; then leave

to become cold. Remove the dripping from the top; all the thick part will have gone to the bottom of the pan.

### Herrings' Roes. 695.

Take the soft roes from fresh herrings or bloaters, put them into a small saucepan with a little butter, white pepper, and cayenne; they must be made very hot, but not allowed to dry. Have some squares or fingers of toast well buttered, and lightly spread with anchovy paste. Spread the roes on very hot and thickly over each piece, and serve at once on cut paper.

### Tomato Savoury. 696.

Take some round pieces of toast, butter them, put on anchovy paste, cover this with half a roasted tomato, on the top of this place a nicely-poached egg, and serve. Salt and cayenne must be sprinkled over the tomatoes.

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| De Cressy | 10 | 6 |
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| For the Poor | 686 | 240 |
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| Plain White | 30 | 13 |
| Green Pea | 18 | 9 |
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| Julienne | 1 | 2 |
| Mock Turtle | 2 | 2 |
| Mulligatawny | 11 | 6 |
| Mutton Broth | 14 | 7 |
| Ox Tail | 5 | 4 |
| Oyster | 24 | 10 |
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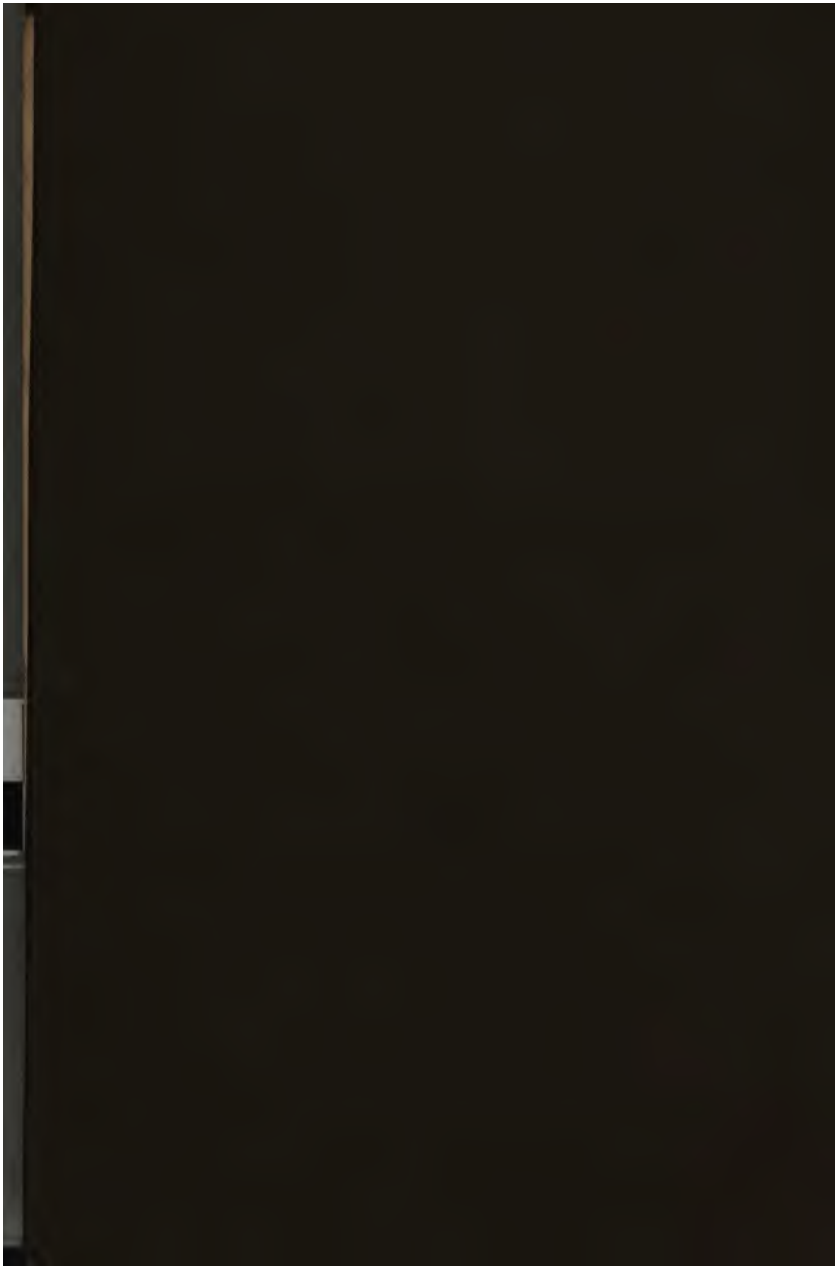
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